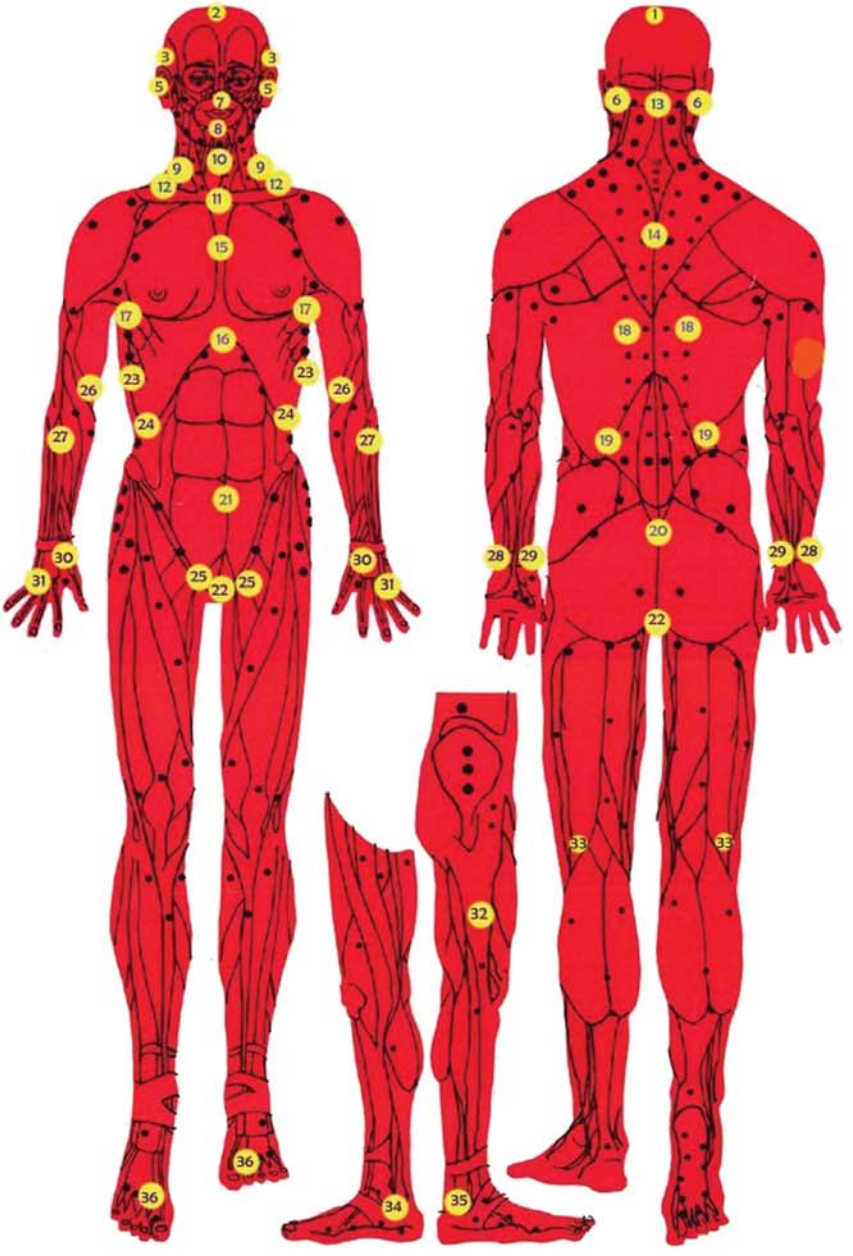
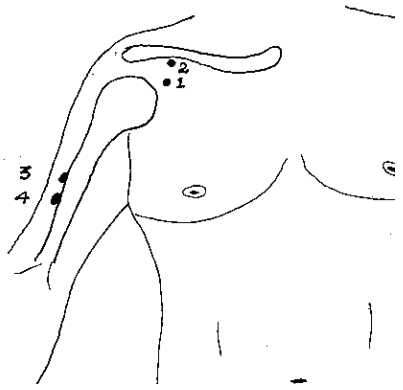
DIM MAK POINTS



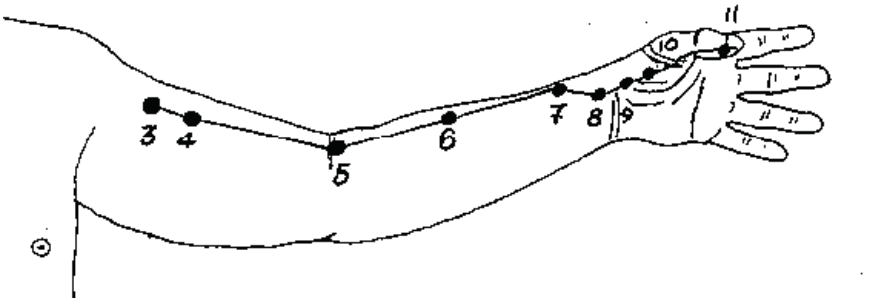
Erle Montaigue's Dim-Mak Point Locations

The Lung Meridian

LU 1: ZHONGFU (Central Residence)
ZHONG means middle and FU means place, this is referring to the middle jiao where the LUNG channel starts. The QI of the SP / ST are gathered into the LU MO at this point. The point is below the acromial extremity of the clavicle, 1 cun (pronounced "tsun"), directly below LU 2, 6cun lateral to the CV MO, in the first intercostal space. In the pectoralis major and minor muscles, in it's deep position, in the internal and external intercostal muscles.
The lung points all do great damage. LU 1 must be struck with a smaller weapon such as a one-knuckle punch. Great Qi drainage and thus great local pain which will slowly spread over the whole chest area due to this point's connection to SP 21. A strike here will hinder the progress of GU Qi, that which is made from food and liquid. So apart from the immediate effect of extreme pain in the whole chest area, the long term effect will be that the gu Qi will not be produced and although the recipient is taking food, the Qi from that food is going nowhere and so health
and lifestyle are slowly diminished.



LU 2: YUNMEN (Cloud's Door)
In the depression below the acromial extremity of the clavicle, between the pectoralis major and the deltoid muscles, six cun lateral to the CV channel. When this point is struck upwards into the clavicle it produces a devastating affect upon the Qi system of the whole body. The pain is tremendous and Qi drainage also. Great internal damage can be done with little external appearance. This will cause a knock out or even death through Qi drainage. When the point is struck from the top above the clavicle, the collarbone will be broken along with the Qi drainage and even more pain! However, because the collarbone is able to take some of the pressure from this strike, even though it breaks, the likelihood of death is lessened. The downward strike will stop a confrontation really fast though.



LU 3: TIANFU (Heaven's Residence)
On the medial aspect of the upper arm, 3 cun below the end of the axillary fold, on the radial side of the biceps brachii, 6 cun above LU 5.
Immediately there is like an electrical shock that goes up and down the arm causing momentary or long lasting paralysis of the arm. Being a ›window of the sky‹ point it will also upset totally, the balance between ›heaven and earth‹ or head and body causing great emotional problems that will only get worse if left untreated. Emotionally caused problems such as confusion and loss of memory will occur at a later stage. This strike will also give an extreme case of instant vertigo!
At a healing level, this point is a really good one for nosebleed, using finger pressure mildly over the point on both arms.

LU 4: XIABAI (Gallantry)
XIA means to press from both sides, Bai means white, when both arms are hanging freely, this point is precisely on both sides of the LUNGS. On the medial aspect of the upper arm, 1 cun below LU 3, on the radial side of the biceps brachii.
This point immediately does the same as LU 3 only the local pain and electrical shock is a little worse. This is also a great nerve strike which can cause the brain to shut down the body, not knowing what has happened. Emotional problems will also occur later, but not as severe as for LU 3.

LU 5: CHIZE (Cubit Marsh)
CHI means ruler or ulna, ZE means marsh, the CHI part of the name refers to the ulna aspect (from the wrist to the elbow). The point is in the depression of the elbow fossa at the ulna aspect. The QI of the channel is infused here, like water flowing into a marsh. On the cubital crease, on the radial side of the tendon of the biceps brachii. The point is located with the elbow slightly flexed. Located in the origin of the brachioradialis muscle.
This point can cause great damage to the whole system. It can cause knock out when struck with for instance a back-palm and using a ›dead arm‹. This is where the arm is totally loose with no tension at all and is thrown at the target making use of the heaviness of the arm itself. It can be used as I have already mentioned several times, as a set up point, or it can be used all by itself as a devastating strike. The whole upper body is put out of balance both physically and Qi wise. A strong strike can also cause brain damage. Because this point is a ›he‹ point, when struck rather than used for healing, it will take Qi away from the lungs. In addition, as the lungs are part of the power system of the body, you will lose power instantly.

LU 6: KONGZUI (Opening Maximum or Supreme Hole)
On the palmar aspect of the forearm, on the line joining LU 9 to LU 5, 7 cun above LU 9. The point is in the brachioradialis muscle, in the lateral margin at the upper extremity of the pronator teres muscle and the medial margin of the extensor carpi radialis brevis and longus muscles.
Lower arm paralysis is immediate with a hard strike. The recipient will feel like he has been struck in the lungs. This is a xi-cleft point. A strike here causes the reverse effect of healing using this point. It is an emergency point and can release much needed Qi to the lungs in an emergency such as being struck in the lungs. So this point can be used as an after shot, after striking the attacker in the lung area. The body calls for its reserve of Qi, but it is unavailable because of the second strike to LU 6! The recipient to such a strike could die within minutes.

LU 7: LIEQUE (Broken Sequence or Every Deficiency) Superior to the styloid process of the radius, 1.5 cun above the transverse crease of the wrist, in the depression. When the index fingers and the thumbs of both hands are crossed with the index finger of one hand placed on the styloid process of the radius of the other, the point is in the depression under the tip of the index finger. Between the tendons of the brachioradialis and the abductor pollicis longus muscles.
Although this strike is ›only on the wrist‹, it is quite a nasty one as it creates great pain and Qi drainage. Even heavy finger pressure here as is the case of a lock, will cause great pain. The Qi drainage and pain are so bad that the recipient has to sit down. I have had one instance where a knock out occurred with only a light strike. A strike here will unbalance the balance of yin and yang between the lung and colon causing artificial grief with much sobbing. Also, the ability to learn physical things will be impaired and will get worse as time goes by.

LU 8: JINGQU (Across the Ditch)
One cun above the transverse crease of the wrist, in the depression on the radial side of the radial artery. Innervation: The lateral antebrachial cutaneous nerve and the superficial ramus of the radial nerve.
Great Qi drainage, thus setting up other points for attack. HT 5 by itself has been known to cause knock out when needled too much, same for LU 8. LU 8 is a metal and jing point. This is the horary point of the channel and as such when struck will cause the Qi to be disrupted in the channel when it is supposed to be active during the 24-hour cycle. Thus, the lungs will not be at their peak throughout the day. This Qi imbalance will get worse as each day passes until a healing is affected. Sleep will be affected greatly especially between the hours of 3 am and 5 am with the need to urinate because the bladder meridian is at the opposite side of the horary cycle and as such will have the least amount of Qi available to it at this time.

LU 9: TAIYUAN (Great Abyss or Bigger Deep Hole)
At the transverse crease of the wrist, in the depression on the radial side of the radial artery. At the lateral aspect of the tendon of the flexor carpi radialis muscle and the medial aspect of the tendon of the abductor pollicis longus muscle.
This is again a great Qi drainage point. It is an ›earth, yuan and shu‹ point and a special meeting point of pulse (arteries and veins). This point must be struck right on the point so it is not a point that I would use in a tight situation, although it works quite well as a set up point causing great local pain and Qi drainage. It will cause respiration to become erratic causing the recipient to think he is going to be suffocated.

LU 10: YUJI (Fish Border)
On the radial aspect of the midpoint of the first metacarpal bone, at the junction of the red and white skin (the lighter coloured and darker coloured skin). In the lateral abductor pollicis brevis and opponents pollicis muscles. This is not a point to use in a realistic fighting situation. If struck very hard, it will cause heat to rise in the lungs causing coughing. It is more of a healing point this one and is used to eliminate heat from the lungs thus easing sore throats etc. It is a fire and yong point.

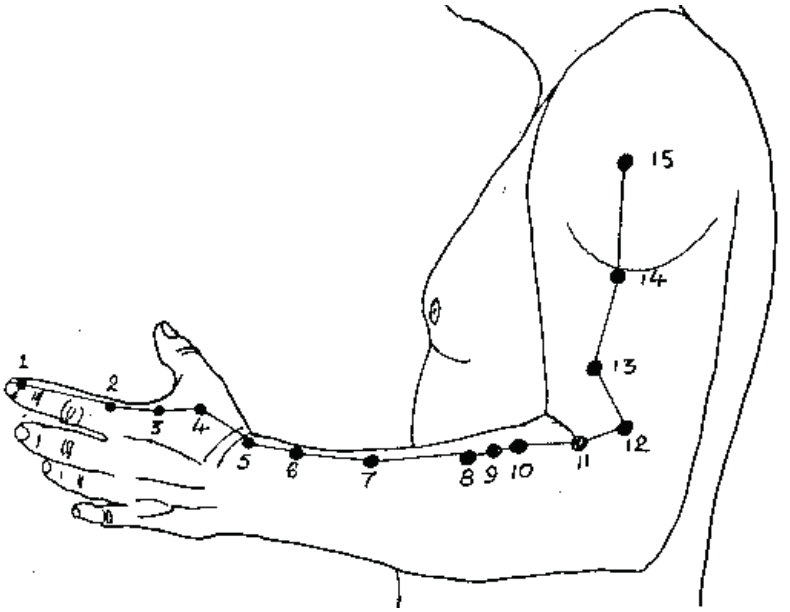
LU 11: SHAOSHANG (Lessor Merchant)
On the radial side of the thumb, about 0.1 cun posterior to the radial corner of the nail.
This is a wood and cheng point and can be used for muscles and tendons, the healing of. If struck with perhaps a hammer, it will drain Qi from the upper body and can cause emotional problems later in life. It is more used for throat and tonsils in particular. It is also used to increase the Wei Qi to the surface of the skin when external pathogenic attack is imminent.

END OF LUNG MERIDIAN

The Colon Meridian Back to top

CO 1: SHANGYANG (Trade (Merchant) Yang)
On the radial side of the index finger, about 0.1 cun posterior to the corner of the nail.
This is a metal and cheng point and is only ever used in the healing art. It clears ›wind/heat‹. It is an emergency point for coma and should be bled for this purpose; in fact, all ›cheng‹ points are bled. It will also drag Qi to the extremities to strengthen the outer limbs.

CO 2: ERJIAN (Between Two)
ER means 2 and JIAN means clearance, JIAN here indicates the POINT, this is the second PT on the COLON MO. On the radial side of the index finger, distal to the metacarpophalangeal joint, at the junction of the red and white skin in the depression.
It is a water and yong point and as such can be used as a set up point for CO 5 (fire). An excellent point to relieve constipation. Should you be able to get one finger exactly onto CO 2 and also dig one finger into CO 5, this has been known to cause knock out. However, while you are doing this, he will probably knock you out!



CO 3: SANJIAN (Between Three)
SAN means three and jian means clearance, here jian indicates the POINT, this is the third POINT on the CO MO. When a loose fist is made, the PT is on the radial side of the index finger, in the depression proximal to the head of the second metacarpal bone.
Use with CO 2. It is a wood and shu point. A good strike here, if you can get it, can cause temporary blindness, however I must warn that this is very difficult to achieve.

CO 4: HEGU (Adjoining Valleys)
Between the first and second metacarpal bones, approximately in the middle of the second metacarpal bone on the radial side. Roughly between the second metacarpal bone and the end of the crease created when the thumb is adducted, in the dorsal interroseus muscle, in it's deep position, in the transverse head of the abductor hallcis muscle.
This point does some damage in Qi drainage and local pain. It can be used as a set up point to a LU 1 shot or to a LIV 14 shot. Struck right on the point with a smaller weapon such as a one-knuckle punch, this point will cause confusion in the brain. However, it is not easy to strike as that strike must be very accurate.

CO 5: YANGXI (Adjoining Valley)
Yang refers to the Yang mountains created by the tendons in this area, Xi means brook. The depression of this Point is like a brook in the mountains. On the radial side of the wrist, when the thumb is tilted upwards, the point is in the depression between the tendons of the extensor pollicis longus and brevis.
This is one of the ›natural‹ short out points with SI 2 that will cause great pain and allow you to put someone down onto their knees easily. Applying pressure straight across the back of the wrist diagonally will short out CO 5 and SI 2 (Fire and water respectively).

CO 6: PIANLI (Partial Order)
Three cun above CO 5 on the line joining CO 5 and CO 11. On the radial side, the lateral antebrachial cutaneous nerve and the superficial ramus of the radial nerve, on the u1nar side, the posterior antebrachial cutaneous nerve and the posterior antebrachial interosseous nerve.
This point causes great Qi drainage and local pain, struck hard enough will cause knock out. Communication between the upper and lower heaters is upset greatly causing internal damage to the flow of Qi. In the long term, emotional disturbances will build up because this strike causes the elimination of both bad emotions and bad thoughts to be held inside.
CO 7: WENLIU (Warm Slide)
When a fist is made with the ulna side downwards and the elbow flexed, the point is 5cun above CO 5.
This is a ›xi-cleft‹ point meaning that it is an accumulation point. A strike here will cause local pain and Qi drainage. It will cause pain along the whole channel and if struck hard enough can cause a knock out. Used with any of the neurological shut down points in particular No. 1 across the jaw, will cause knock out even with a mild blow. This is an excellent set up point for a CO 11 shot.

CO 8: XIALIAN (Lower Integrity)
Four cun below CO 11. XIA means inferior LIAN means edge, the Point is inferior to CO 9, on the dorsal side of the forearm close to the radial aspect.
Same as for CO 7. This is not a xi-cleft point, but it does cause a knock out when struck really hard. Use this point with LU 1 and it will enhance the shot ten fold! The whole power of the body is drained when these two points are struck slightly after each other, LU 1 first.

CO 9: SHANGLIAN (Upper Integrity)

Three cun below CO 11. Shang means superior, lian means edge, the point is superior to CO 8 on the dorsal side of the forearm, close to the radial aspect. This strike will cause paralysis of the hand and arm. Again, if used along with LU 1, will cause such power loss that the fight is over.

CO 10: SHOUSANLI (Arm's Three Measure)
Two cun below CO 11. On the radial aspect of the radius, in the extensor carpi radialis brevis and longus muscles.
Will paralyse the arm, and in some cases will stop the heart. Causes a shock wave to rise up the arm into the upper body. Will cause knock out if struck hard enough. Usually used with ST 9 for a deathblow! This point will affect the whole CO meridian, especially around the arm, neck and face, hence the fact that ST 9 works really well with this point. When struck slightly upwards, the lower body will lose Qi with nausea. We have had several martial artists who have received a whack on CO 10 go down and turn slightly green. When struck slightly downwards (down the forearm towards the fingers), the bowels may work on the spot! When struck straight in, the lower abdomen will go into spasm, the arm becomes paralysed and there may be residual diarrhoea for a number of days.

CO 11: QUCHI (Crooked Pool)
When the elbow is flexed, the point is in the depression at lateral the end of the transverse cubital crease, midway between LU 5 and the lateral epicondyle of the humerus. On the radial aspect of the elbow at the origin of the extensor carpi radialis muscle and the radial side of the brachioradialis muscle.
This is a major point as it is an ›earth and he‹ point. This normally calms and regulates the whole system but when struck using negative Qi, it will have the reverse effect. Not only will the elbow joint be damaged as a result of purely physical damage, but the whole joint system of the body can be made weaker. The point also can cause diarrhoea and vomiting. This point will also upset the balance between the ›shen‹ and the body. However, you must be aware that you may also damage your own hand on the target elbow! So use a palm strike here.

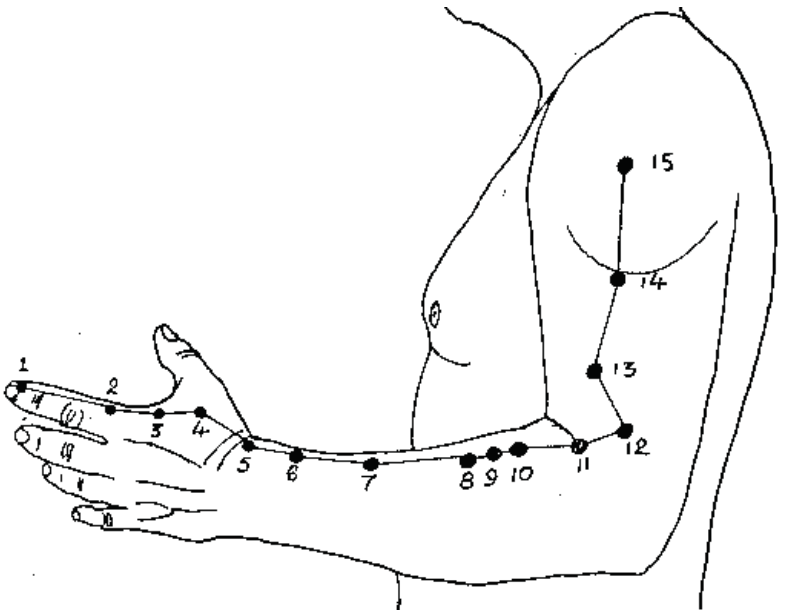
CO 12: ZHOULIAO (Elbow Seam)
When the elbow is flexed, the point is superior to the lateral epicondyle of the humerus, around 1cun superolaterai to CO 11, on the medial border of the

humerus at the origin of the anconeus muscle and the lateral margin of the triceps muscle. Zhou means elbow and Liao means foramen, the point is at the elbow close to the foramen.
Great Qi drainage when struck downwards into the elbow. This point is struck with the knife-edge of the palm which strikes with the palm facing slightly downwards and then rolls over to palm up as it strikes, thus causing more of a cutting action on the point. This point works so well that not many will be able to continue after being struck here.

CO 13: SHOUWULI (Five Measures on the Arm)
Superior to the lateral epicondyle of the humerus, 3cun above CO 11, on the line connecting CO 11 with CO 15.
This point is more of a nerve point strike, which inflicts great pain and nervous shock. The pain will grow very quickly until the recipient has to give up because of this pain. This strike does not have to be that hard either, although a hard strike will impose the greatest pain.

CO 14: BINAO (Arm and Scapula)
On the radial side of the humerus, superior to the lower end of the deltoid muscle, on the line connecting CO 11 to CO 15. BI means arm and Nao means muscle prominence of the arm, thus this PT is on the muscle prominence of the arm.
This point strike causes great Qi damage to the whole body being one of the ›seven star‹ points. The seven star points (GV20, CO 14 x 2, SI 16 x 2, and GB 30 x 2) are those which take energy in from the outside, they are used in qigong stances as Qi input points. A strike to CO 14 will cause energy to be blocked from entering the body and cause weakness and extreme emotional problems caused by the mind not knowing quite what has gone wrong, but that something really bad has happened.

CO 15: JIANYU (Shoulder Bone)
Anteroinferior to the acromion, in the middle of the upper portion of the deltoid muscle. When the arm is in full abduction, the point is in the anterior depression of the two depressions appearing at the anterior border of the acromioclavicular joint. Jian means shoulder and Yu means corner, the PT is at the corner of the shoulder.
Not a great Qi damage point, it is more used for healing. However, a good hard strike here will cause the shoulder to either break or to be dislocated. Therefore, it is a good physical shot.

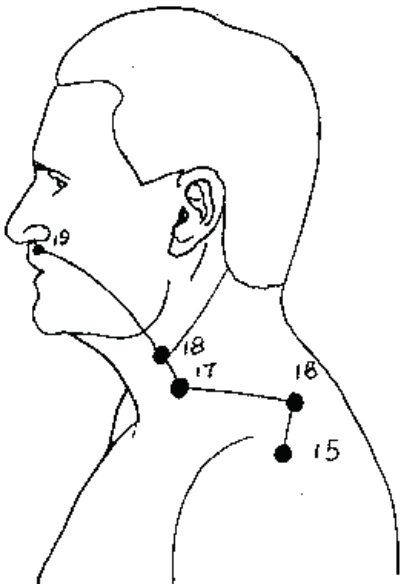


CO 16: JUGU (Great Bone)
In the upper aspect of the shoulder, in the depression between the acromial extremity of the clavicle and the scapular spine. In the trapezium and supraspinatus muscles. Ju means huge and Gu means bone, the clavicle was called JUGU in ancient times.
Great Qi drainage and physical damage to the clavicle. This point must be struck very hard though. It is difficult to strike the exact spot and so I usually advise to use a larger weapon such as a palm strike and hope for the best. Although a thumb knuckle punch is the best weapon for this point.

CO 17: TIANDING (Heaven's Vessel)

On the lateral side of the neck, superior to the midpoint of the supraclavicular fossa (ST 12), around 1cun below CO 18, on the posterior border of the sternocleidomastoideus muscle. Tian means heaven and ding is the term used by the ancient Chinese for a cooking vessel with 2 loop handles, here Tian implies upper and the head looks like a Ding (WOK).

This point is one of the most dangerous points which when struck will cause death. The blood will be blocked, the Qi will be blocked and the brain will be

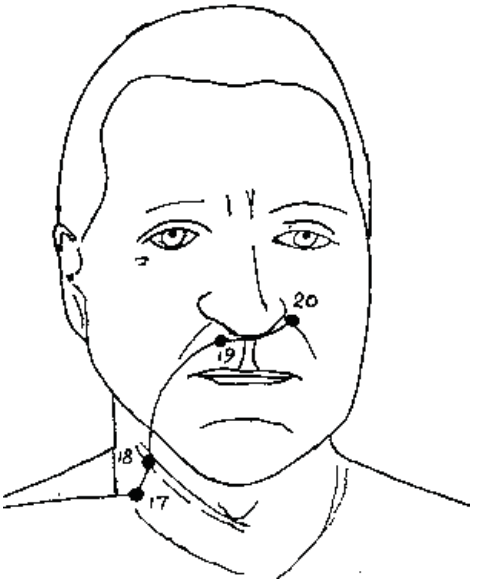


shocked. Not even CPR will revive a strike here.

CO 18: FUTU (Support the Prominence)
On the lateral side of the neck, level with the tip of the Adam's apple, between the sternal head and the clavicular head of the sternocleidomastoideus muscle. FU means side and tu means prominence, here, ›tu‹ refers to the prominence of the larynx as the PT is beside it.
This is again one of the most deadly points to strike, it is close to ST 9 so you could easily strike both points simultaneously causing death immediately with no chance of revival! Do not play around with this point as even a light blow will cause great damage! It is a ›window of the sky‹ point. The emotions will be affected long after this strike causing a blocked feeling in the throat, with emotions such as grief running rampant. Causes the mind and body to have a detached feeling.

CO 19: HELIAO (Grain Seam)

Directly below the lateral margin of the nostril, level with GV 26, in the fossa canini of the superior maxilla, at the junction of the quadratus labii superioris muscle. The point is also called KOUHELIAO, KOU means mouth, he means grain, liao means foramen (the grain / food enters the stomach through the mouth), this PT is in the foramen above the mouth.
. This is a shock point. It will cause the recipient to go into shock. A hard strike will cause knock out. Usually a backwards (palm upwards) thumb knuckle



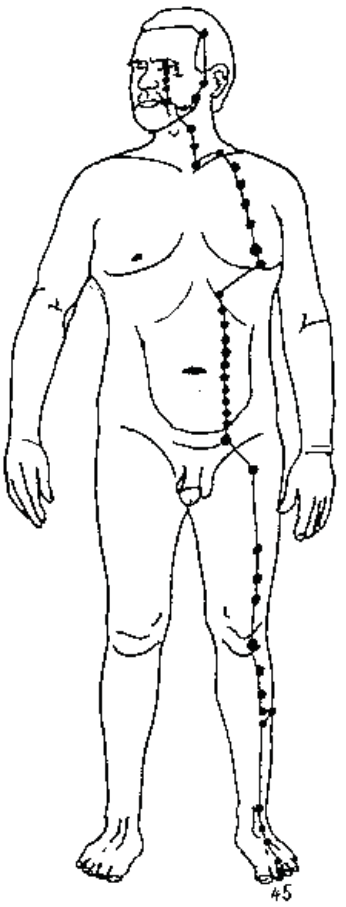
punch is used here

CO 20: YINGXIANG (Welcome Fragrance)
In the nasolabial groove, at the level of the midpoint of the lateral border of the ala nasil in the quadratus labii superior muscle, in it's deep position at the border of the apertura piriformis.
This point is in such a position on the cheekbone that it will cause knock out. It is not a death point, but will suffice to stop an argument.

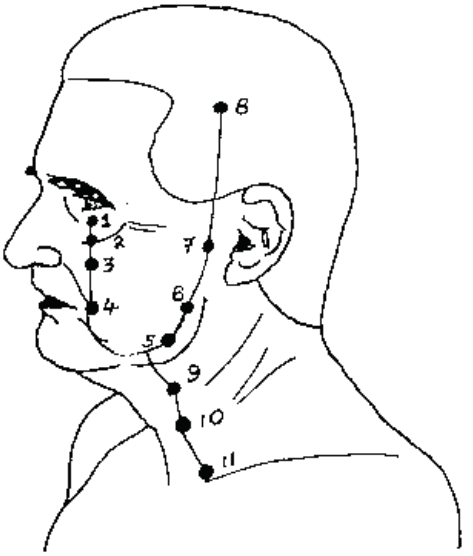
END OF COLON MERIDIAN

The Stomach Meridian

ST 1: CHENGQI (Contain Tears)
Between the eyeball and the midpoint of the infraorbital ridge. The point is above the inferior border of the orbit, in the orbicularis oculi muscle, and in it's deep position, within the orbit are the rectus inferior bulbi and the obliques Inferior bulbi muscles.
ST 1 is one of the more sensitive points and will be easily damaged by even a light blow to the area. Even a li8ght blow is often enough to cause extreme nausea and a drainage of Qi from the upper body. A medium strike here will cause a knock out and a hard strike can cause death. This is a point that will affect badly the Yang Ming through its connection to CO 20 and will in general drain the Yang Qi from the body. The liver is also affected by a strike to ST 1 as the liver controls the eyes and whatever happens to the eye area also has an affect upon the liver.



ST 2: SIBAI (Four Whites)
Approximately 1 cun directly below ST 1, In the Infraorbital foramen between the orbicularis oculi and quadratus labii superior muscles.
Again, this point is quite sensitive and will cause considerable local pain and Qi drainage resulting is a knock out and severe nervous damage. When struck one feels a moving down sensation into the chest and then into the legs which will become weak as a result of the downward draining Qi.



ST 3: JULIAO (Great Seam)
Directly below ST 2, at the level of the lower border of the ala nasi, on the lateral side of the nasolabial groove.
When struck hard enough, this strike will send a shock wave up into the front of the brain causing disorientation. It will also cause great nausea.

ST 4: DICANG (Earth Granary)
Lateral to the corner of the mouth, directly below ST 3, in the orbicularis oris muscle and in its deep position, In the buccinator muscle.
Again, this strike will shock the whole system when struck hard enough. It will cause a KO when struck hard. However, this strike must be quite accurate.

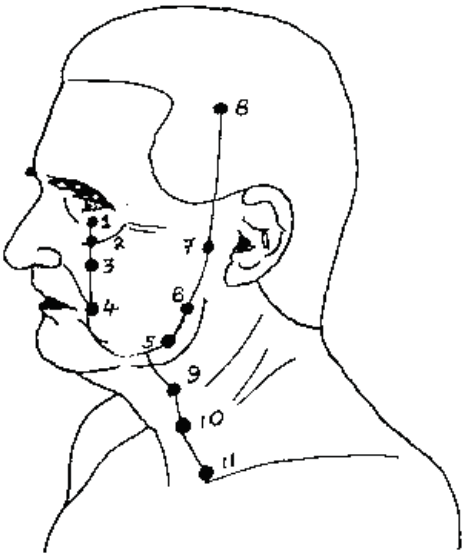
ST 5: DAYYING (Big Welcome, or Big Meeting)
Anterior to the angle of the mandible, on the anterior border of the masseter muscle, in the groove like depression appearing when the cheek is bulged 0.5cun anterior to ST 6.
Any strike to this area of the jaw will cause a knock out, especially if the point is associated with the GB MO. Obvious jaw damage is also apparent. But it is the shock to the brain that jaw strikes cause that is the main area of damage. This is why the jaw is always a common target in the movies etc.

ST 9 is a great KO point. It sends a shock wave of Qi into the brain either causing dizziness in the least or KO in the most or broken jaw etc. The direction must be straight in from the side to have the greatest affect. This point also has a connection to ST 9 via ST 1 and ST 8. Meaning "Great Meeting" for that reason. So we can get a knock out from both sides, from the action upon the heart via the carotid sinus at ST 9, and from the brain receiving too much yang Qi. This point is called a 'big point' as it has abundant Qi and blood, hence the great amount of Qi going into the brain when struck.
It must also be mentioned that the stomach has Vagus nerve endings entering at the base of the stomach. A strike to ST 9 will also have an affect upon the Vagus nerve making this point one of the better KO points.

ST 6: JIACHE (Jaw Vehicle)
One finger breadth anterior and superior to the lower angle of the mandible where the masseter attaches at the prominence of the muscle when the teeth aye clenched.
All strikes to the tip of the jaw are dangerous. Firstly a strike to ST 6 will cause an instant knock out, it is the classic knock out with people like John Wayne to Sean Connery making this strike famous. The reason it works so well is that this point is very close to the ›mind point‹ which will stop signals getting to the brain from the central nervous system. A strike here will also cause concussion by way of a shock to the brain causing KO, nausea and loss of memory.
A concussion is a violent jar or shock to the brain that causes an immediate change in the brain function, and can possibly include loss of consciousness. For a mild concussion, the signs and symptoms include temporary loss of consciousness; memory loss; and emotional instability. For a severe concussion, the signs and symptoms include prolonged unconsciousness; dilated pupils; change in breathing; disturbed vision and equilibrium; and memory loss. The extent of injury can only be determined by a physician. If the concussion is mild, the injured person may be sent home after examination, but only if a responsible person is present to stay with the injured person and watch for serious symptoms. Follow the doctor's instructions carefully if you are the responsible person, as there are several symptoms to watch for and report to the doctor if one or more after effects appear. The first 24 hours after the injury are critical, but serious after effects can appear later. The total extent of the injury may not be apparent for 48-72 hours. Complete recovery is likely with early diagnosis and treatment.

ST 7.: XIAGUAN (Lower Hinge)

In the depression at the lower border of the zygomatic arch, anterior to the condyloid process of the mandible, located with the mouth closed. Below this point is the parotid gland and the origin of the masseter muscle.
Again, this point is a Qi drainage point and will cause KO when struck with a smaller weapon such as a one-knuckle punch. A feeling down the front of the same side of the neck is felt, then a loss of power in the legs also. Ear problems



are also apparent with this strike, and can last for years.

ST 8: TOUWEI (Head Support) (Head Safeguard)
location 0.5cun within the anterior hairline at the corner of the forehead. 4.5cun lateral to the GV MO. The point is found in the galea aponeurotica on the superior margin of the temporalis muscle.
This point will cause concussion with more nausea than any of the other head strikes due to its being a ST point. Great local pain is felt with a Qi drainage, then KO. Dead can occur if this strike is hard enough.

ST 9: RENYING (Man's Welcome)
Level with the t1p of the Adam=s apple, just on the course of the common carotid artery, on the anterior, border of the sternocleidomastoideus muscle In the platysma muscle. 1.5cun lateral to the laryngeal prominence at the meeting of the anterior margin of sternocieldomastoid and the thyroid cartilage.

ST 9 is one of the major Dim-Mak points. It is easy to get to, its effect is devastating raging from knock out for a light blow to death for a heavy blow. St 9 is situated right over the *carotid sinus.* The carotid sinus is a *baroreceptor*, whose job it is to detect an increase in blood pressure. When it detects this increase, it sends s signal via the vagus nerve of which it is a part, to the *vasomotor* centre of the brain, which initiates a *vasodilatation,* and slowing of the heart rate to lower the blood pressure to normal.

VASODILATATION: *A widening or distension of blood vessels, particularly, arterioles, usually caused by nerve impulses (as in the case of a strike to ST 9) or certain drugs that relax smooth muscle in the walls of the blood vessel.*

VASOMOTOR CENTRE: *A collection of cell bodies in the medulla oblongata of the brain that regulates or modulates blood pressure and cardiac function primarily via the autonomic nervous system.*

The carotid sinus is a pocket in the wall of the carotid artery at its division in the neck.

Carotid Sinus Reflex:

The martial artist is concerned with a phenomenon called *the carotid sinus reflex*, the decrease of the heart rate as a reflex reaction from pressure on or within the carotid artery at the level of its bifurcation. This reflex starts in the sinus of the internal carotid artery.

Carotid Sinus Syndrome: This is a temporary loss of consciousness or a knock out that sometimes accompanies convulsive seizures because of the power of the carotid sinus reflex when pressure builds up in one or both carotid sinuses. (Or from a strike). This syndrome can be caused to activate artificially by striking to the area of the carotid sinus, ST 9.

I have done extensive research on the carotid sinus, seeking out the most knowledgeable people in the world. I wanted to know exactly why a person would black out when even sometimes only stroked in this area. Other people have knocked themselves out when they have turned their head suddenly because of a hypersensitive carotid sinus. In striking to ST 9, we fool the brain into believing that deadly high blood pressure is present, and in many cases, high blood pressure is present when struck in this area because of the carotid artery being pinched.

My research told me that this was not a point to be played around with as many people were doing at that particular time. Some people discovered that they could affect en easy knock out by striking to this part of the neck, however, none knew why the KO occurred. Nor did they know the dangers of such strikes, usually done to show what good martial artists they were, purely for ego. I wrote an article back in about 1987 showing the dangers of such strikes and exactly why the KO occurred, the first such article, I believe, that showed the medical implications of such a strike. It was my research in fact that introduced the martial arts community to the fact that this point was in fact ST 9.

Nowadays, everyone uses the name of ST 9 to indicate the knock out strike to the neck. Since then, martial artists have been a little more careful when executing these knockouts. But the knockouts should never be done just to show off, they should only ever be used in a self-defence situation as the dangers are great. For instance, a recipient can die several years later from stroke by the internal wall of the carotid artery slowly disintegrating, hence the *delayed death touch* phenomenon. The martial artist is able to use a very normal and known about medical procedure for his or her advantage. Many doctors will perform the procedure of tweaking the carotid sinus using the fingertips in order to bring the blood pressure down. However, this procedure is only done if the patient is about to die from high blood pressure! It is a very dangerous procedure!

One of my students in Argentina is also a ›Master Surgeon‹. He and his team were performing an operation on the carotid sinus to remove a tumour! However, when they even so much as touched the sinus, because of the tumour, the heart rate dropped dramatically, which was seen on the heart monitor. So they were in a dilemma about how to operate without killing the patient. This just shows the sensitivity that the carotid sinus has.

This point also has an affect upon emotional energy and in the end will cause the recipient to have a ›detached‹ feeling or floating, a disconnection between head and body.

It is a known medical fact, (Boigey, M. Lesions et Traumatismes Sportifs, Paris 1938) that striking ST 9 on the right side of the recipient will have a greater affect than on the left side. Medical science is unable to explain this but T.C.M. and Dim-Mak is able to. The right side of the body is considered to be Yang with respect to the left side which is relatively Yin. When striking to ST 9 point on the right side, we attack the Yang side after having set up the point with a Yin strike to PC 6. This, Yin strike has a far greater affect on the Yang side of the body because it is opposite.

First Observations Of A ST 9 Knock Out

First Observations Of A ST 9 Knock Out

(From "The Medical Aspects Of Boxing, 1941)

July 1940 there was an opportunity to observe for the first time a knock out caused by a strike to the right carotid sinus in a fencer. This case, which to our knowledge is the first observation of its kind, appears to be of great

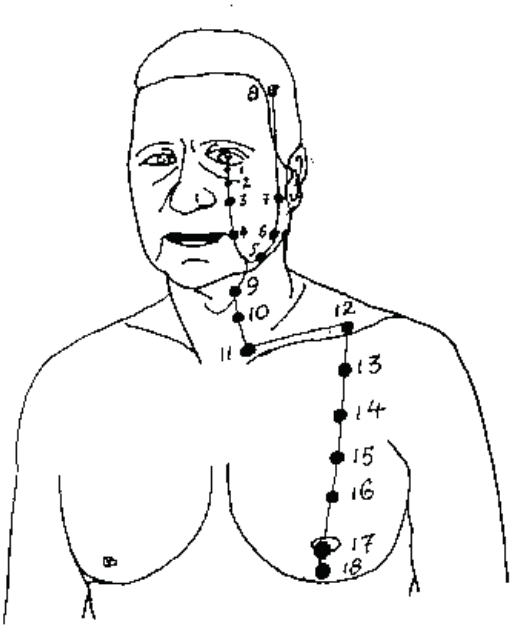
physiological interest. The padded tip of the blade first hit the victim beneath the right clavicle.
(YNo particular points here but this is the area of ›the power band‹ which when struck takes all power from the upper body and is in keeping with the effects of these two strikes on the fencer. .. Erle*).*
The blade subsequently bent over and the tip slipped over the clavicle, and with a sharp impact, hit the right carotid sinus (St 9) *from below. The victim immediately lost control over his movements. He stumbled backwards, his arms dropped, his knees bent and he hell to the ground unconscious. More than one second had elapsed between being struck and losing consciousness. He was weak for four hours afterwards after regaining consciousness some 3 minutes later!*
Here we have the first observations by doctors of a ST 9 strike back in 1940! What happened to the recipient is in keeping with the ST 9 strike and most other people who receive such strikes either from irresponsible martial artists in seminar or accidentally in sports etc., all say much the same thing. Some people have more, or less affect due to the sensitiveness of their carotid sinus.

ST 10: SHUITU (Water Prominence)
At the anterior border of the sternocleidomastoideus, midway between ST 9 and ST 11.
This point had always stood in the shadow of ST 9. It is however, just as dangerous as ST 9 and when struck spot on the point, is considered by many doctors to be even more dangerous. A strike here causes an immediate rush of yang Qi to the head causing knock out, the face goes red and the tongue turns blue. A hard strike will cause knock out. Combine this strike with Neigwan and you have a most dangerous strike. This strike adds Qi to the head. The recipient will fall down a split second after the strike. There is also an immediate shock to the head area.

ST 11: QISHE (QI's Residence)
At the superior border of the sternal extremity of the clavicle, between the sternal head and the clavicular head of the sternocleidomastoldeus muscle, directly below ST 9.
ST 11 is called the "heart starter" because it does just that is emergency situations. However, this point will change whatever state the patient is in before striking to this point. So if someone is awake as in an attacker, then this point will stop his heart beating. If his heart has stopped, a hard thumb pressure into the collar bone at this point will sometimes be enough to start the heart again. So a strike downward into ST 11 will stop the heart from beating, so it is not a point to be playing around with. Combine this strike with

a clockwise strike to his left pectoral and a counter clockwise strike to his right pectoral at ST 15 and 16 points, and you have a very dangerous heart stopper.

ST 12: QUEPEN (Empty Basin)
In the midpoint of the supraclavicular fossa, 4 cun lateral to the CV MO or In the depression at the middle of the superior border of the clavicle and directly above the nipple.
This is an interesting point as it is used to take the will to fight away. Anyone who has been struck here will agree about this, you just cannot carry on fighting after this point has been struck as usually, the clavicle which is quite a weak bone, will break causing great local pain and energy drainage. It also has an affect upon the communication between yin and yang in the whole body and drains yang Qi as it is associated with GV 14, (meeting place of Yang). It can be used with ST 11 to cause great Qi loss. It can be used in a grappling situation to stop the fight, or in an attacking situation where you have to block and re-attack etc.



ST 13: QIHU (Qi's Household)
At the middle of the inferior border of the clavicle, on the mamillary line (4 cun lateral to the CV MO).
Whereas ST 12 drains Qi, ST 13 adds Yang Qi to the head causing loss of

balance to the falling down point. With most of the ST points, it will also cause great nausea. This is one of those points where the Qi is said to enter the meridian, so a strike here also unbalances the yin and yang energy in the whole body.

ST 14: KUFANG (Storehouse)
In the first intercostal space, on the mamillary line, 4 cun lateral to CV 20. Immediately, the recipient feels a sickly feeling in the whole chest area, quickly growing to full nausea. The strike must be fairly hard to have an affect though.

ST 15: WUYI (Room screen)
In the 2nd intercostal space, on the mamillary line, 4 cun lateral to CV 19. Stops the heart when used along with and at the same time struck as ST 16 which is just below it, so both points can be struck with the palm.

ST 16: YINGGHUAN (Breast's Window)
In the 3rd intercostal space, on the mamillary line, 4cun lateral to CV 18. Same as ST 15.

ST 17: RUZHONG (Middle of Breast)
In the middle of the nipple In the 4th intercostal space.
This point when struck has a devastating affect and will cause death when a medium to hard strike is used. In acupuncture, it is only ever given as a reference and not to be either needled or using moxa on it. The strike must be accurate to within a millimetre though. Immediately there is a sensation moving up the left side of the neck (if the left nipple is struck and visa-versa) and over the top of the back of the head to the other side of the forehead, followed by an extreme Qi drainage resulting in knockout and loss of memory. If the strike has been hard enough, it could also result in mental illness which gets worse with age. **This is not a nice point, and should never be played around with!**

ST 18: RUGEN (Breast Root)
In the 5th intercostal space, directly below the nipple.
I have read that this point is quite dangerous. However, it is my belief that those who say this are confusing this point with LIV 14. ST 18 must be struck

quite hard to have any affect. Those affects are; headache, nausea and if struck on the left side a shock directly to the heart. If you combine this strike with LIV 14, which is easy as LIV 14 lies just lower than ST 18, then the affect is far greater in Qi drainage.

ST 19: BURONG (Uncontainable)
6 cun above the umbilicus, 2cun lateral to CV 14.
If ST 18 was not too exciting, then ST 19 is just the opposite. This strike attacks the seat of power as does CV 17, only this strike is even more damaging to the diaphragm as it strikes to the muscles that work the diaphragm causing the recipient to feel like they have no power at all and so fall down, hard enough and this strike will cause death from suffocation.

ST 20: CHENGMAN (Support Fullness)
5 cun above the umbilicus, 2cun lateral to CV 13 and 1 cun below ST 19.
Attacks the seat of power causing knock out or death.

ST 21: LIANGMEN (Door of the Beam)
4 cun above the umbilicus, 2cun lateral to the CV 12.
This point can be protected somewhat by the abdominal muscles, however, it is also an ›electrical point‹ so will have an affect regardless. Causes great local pain and Qi drainage and causes stomach and spleen problems due to its affect upon the Yang Qi of those organs.

ST 22: GUANMEN (Gate)
3 cun above the umbilicus, 2cun lateral to CV 11.
This strike attacks the communication between upper and lower. So confusion over what the lower body is doing. A feeling of something draining from lower body is also apparent until the power to he legs has gone.

ST 23: TAIYI (Great Yi)
2 cun above the umbilicus, 2 cun lateral to CV 10.
Same as for ST 22. Plus an adverse affect upon the bladder causing problems in later life and immediately. The recipient is likely to urinate when struck here using a smaller weapon such as a one knuckle punch.

ST 24: HUAROUMEN (Door of Slippery Flesh)
Location: 1 cun above the umbilicus, 2cun lateral to CV 9.
This point is protected by the abdominal muscles, however it will have an electrical affect which affects the colon. In other words, will cause the recipient to defecate not too soon after the strike, but with great pain.

ST 25: TIANSHU (Heaven's Axis)
2 cun lateral to the centre of the umbilicus.
A ›mu colon point-, this strike will affect the colon, it is on the border of protection and no protection, ie., the torso is well protected by muscle but below the navel there is relatively little protection. This strike can cause knock out when done hard. It will also cause diarrhoea on the spot. This is a point that is capable of causing emotional disorders and also the physical symptoms that go with emotional disorders because it upsets the communication between Shen and Zhang fu, in this case between the Shen (Spirit) and Gallbladder and Triple Heater. In the first instance, the recipient will feel pain that will grow in a circle outward from the strike, then a great feeling of power loss.

ST 26: WAILING (Outer Tomb)
1 cun below the umbilicus, 2cun lateral to CV 7.
This strike will cause much the same damage as ST 25 as it is still right over the colon, there will be a little more physical damage as it is further down into the lower body. A hard strike will cause black out as it is an intestine strike. There are three organs which when in pain or struck, will cause a knock out. The Gallbladder, the intestines and the ureter.

ST 27: DAJU (The Great or, Big Huge)2 cun below the umbilicus, 2cun lateral to CV 5.

This is a Shokanten point of Yang Ming and as such the strike will disrupt in this instance, the communication between the Shen (Spirit) and Colon/Stomach. It will cause emotional problems immediately and if not treated by an acupuncturist, will grow into emotional problems like not letting go of unwanted emotions (allowing them to grow and fester!) And also will cause emotional things like obsessiveness to extremes.

In the immediate will also cause great pain and Qi loss and knock out if the strike is hard enough.

ST 28: SHUIDAO (Water Way)
3 cun below the umbilicus, 2cun lateral to GV 4. In the rectus abdominis muscle and its sheath.
This strike is dangerous. It will immediately cause knock out through the action on the colon causing an ›explosion‹ in the lower heater which will grow outwards to the rest of the lower abdomen. Needless to say that repeated strikes to any of the lower abdomen points can cause bowel cancers later in life! This point really shocks the whole lower heater, causing damage to the elimination system.

ST 29: GUILAI (Return)
4cun below the umbilicus. 2cun lateral to CV 3 In the lateral margin of the rectus abdominis muscle, the internal oblique muscle and the aponeurosis of the transverse abdomens muscle.
This is a special point for the genitals. It is opposite CV 3 which is a meeting point for the three ›yins‹. It will affect the circulation of Kidney Qi which in turn will affect the power of the whole body. It will cause stagnation of Qi and thus a gradual loss of health. The immediate affect is a knock out by the action upon the genitals, hard enough will cause death.

ST 30: QICHONG (Pouring QI)
5 cun below the umbilicus, 2cun lateral to CV 2, superior to the inguinal groove, on the medial side of the femoral artery. In the aponeurosis of the external and internal oblique muscles, and the lower region of the transverse abdominis muscle.

This is the ›Sea Of Nourishment Point" along with ST 36. It is also a point of the Chong Mai, or ›life force meridian‹. Circulates ›yuan Qi‹ to the stomach and hence to ›earth‹. A strike here will cause the body‹s ability to fight off disease to be lower. And an overall lessening of Qi to the internal organs will gradually grow. The free flow of Qi is hindered by this strike. The opposite occurs when ST 30 and 36 are treated in a healing way. Immediately, there is a knock out from this strike and death can occur when a very heavy strike is taken. Even after treatment, the damage continues to grow if not treated also by an acupuncturist.

ST 31: BIGUAN (Hip Hinge or Thigh Gate)
Directly below the anterior superior iliac spine, in the depression on the lateral side of the satorius muscle when the thigh Is flexed, level with the perineum. Inferior and medial to the great trochanter of the femur, between the satorius and the tensor fascia lata muscles.
This point is called the ›leg draining point‹ because that‹s what it does. It will

cause the Qi to the legs to be lessened greatly causing the recipient to have to sit down or fall down! This point can be used as an excellent set up point for a physical leg strike, bones will break easily when this point has been struck first.

ST 32: FUTU (Hidden Rabbit)
6 cun above the laterosuperior border of the patella, on the line connecting the anterior superior iliac spine and the lateral border of the patella. At the lateral, anterior aspect of the femur, in the middle of the belly of the rectus femoris muscle.
This strike is called in dim-mak terms, leg paralysing point. This point can be struck with a palm straight across the thigh or using an implement such as a stick, the strike must be 180 degrees across the thigh. It paralyses the leg and shocks the whole system and will cause knock out when done hard enough because the brain is shocked for a moment not knowing what has happened.

ST 33: YINSHI (Yin's Market)
3cun above the laterosuperior border of the patella, on the line connecting the anterior superior iliac spine and the lateral border of the patella.
Great local pain and subsequent Qi drainage from the leg. This is also an electrical point that will send a rush of Qi to the head causing confusion and possible blackout if the strike is hard enough.

ST 34: LIANGQIU (Ridge Mould OR Beam Mound)
2 cun above the laterosuperior border of the patella, between the rectus femoris and the vastus lateralis muscles of the thigh.
This is a xi-cleft point (stores Zhen Qi) which normally promotes the circulation of Qi to the whole body. However, when struck using adverse Qi, it has the reverse affect. So power is lost through a hindrance of Qi and blood. Local pain and loss of leg power is immediately apparent.

ST 35: DUBI (Calf Nose) or XIYAN (Eyes of Knee)
When The knee is flexed, the point is in the depression below the patella and lateral to the patella tendon.

This point is a special point for knee problems in acupuncture. It is a trauma point. Local pain and knee injury immediately followed by severe kidney Qi drainage and damage causing immediate loss of power and tiredness.

ST 36: ZUSANLI (Three Measures of the Leg)
3 cun below ST 35, one finger breadth from the anterior crest of the tibia. Between the tibialis anterior and the tendon of the extensor digitorum longus pedis.
This point is a major point in acupuncture and in dim-mak. It is an earth and he point and ›sea of nourishment point‹ along with ST 30. A strike here will cause great weakness which will slowly get worse untreated. The spleen is also damaged. Obvious immediate physical leg damage and pain. But it is the internal organ problems that this strike causes that is the main area of attack.

ST 37: SHANGJUXU (Upper Void)
Location: On the lower leg 3 cun below ST 36, in the tibialis anterior muscle.
This point damages the colon function, it can cause defecation immediately if struck hard enough. It will also drag too much Qi into the legs causing an imbalance in the whole system. This strike will also have an adverse affect on the flow of ›wei Qi‹, that which protects us from external pathogenic attack. So our immune system will slowly become ineffective. Obvious immediate pain and Qi drainage.

ST 38: TIAKOU (Line's Opening)
8 cun below ST 35, 2 cun below ST 37, midway between ST 35 and ST 41.
This is an interesting point. I have tested this strike and have found that it has a dire affect upon the power of the upper body especially the shoulders. In some cases the arms would not work after this strike and had to be treated using the antidote of ST 12.

ST 39: XIAJUXU (Lower Void)
9 cun below ST 35, 3 cun below ST 37, one finger breadth out from the anterior crest of the tibia.

This point affects the small intestine and will also cause paralysis of the legs when struck hard. It will also have an affect upon the wei Qi and so cause problems with the immune system later as well. Immediate great pain wen this point is struck spot on.

ST 40: FENGLONG (Abundance and Prosperity)

Location: 8 cun superior and anterior to the external malleolus, about 1 finger breadth posterior or lateral to ST 8, between the lateral side of the extensor digitorum longus pedis and the peroneus brevis muscles.

Apart from local pain and Qi drainage, this point also has an affect upon the spleen. It will cause a great imbalance between ST and SP and so weaken the body. This is a classic epilepsy treating point. I have not heard of nay instances where a strike here causes epilepsy, however, given then nature of this point, it could.

ST 41: JIEXI (Release Stream)

At the junction of the dorsum of the foot and the leg, between the tendons of the extensor digitorum longus and hallucis longus, approximately at the level of the tip of the external malleolus.

This is one of those points that seem harmless enough, but which will have a great affect upon the whole body when struck. It is a ›fire and jing‹ point. This strike will affect the stomach greatly causing nausea (like "I›m dying") enough to stop the fight. It will also drain Qi from the lower extremities of the body thus causing the legs to be greatly weakened.

ST 42: CHONGYANG (Pouring Yang)

Distal to ST 41, at the highest point of the dorsum of the foot, in the depression between the 2nd and 3rd metatarsal bones and the cuneiform bone.

This point is an electrical as well as a physiological point. The strike will cause nerve damage with an immediate electrical shock wave rushing up the whole leg. This is also a ›yuan‹ or source point. It will cause great Qi loss and local pain enough to stop anyone from attacking more.

ST 43: XIANGRU (Sinking Valley)

In the depression distal to the junction of the 2nd and 3rd metatarsal bones, directly above the lateral side of the 2nd toe.

This is a wood and shu point a normally promotes the free flow of Qi all over the body. Wen struck using adverse Qi, it will cause the reverse resulting in a loss of power so much so that the recipient must sit down. It could even cause

things like rheumatism later in life. Great local pain and Qi drainage.

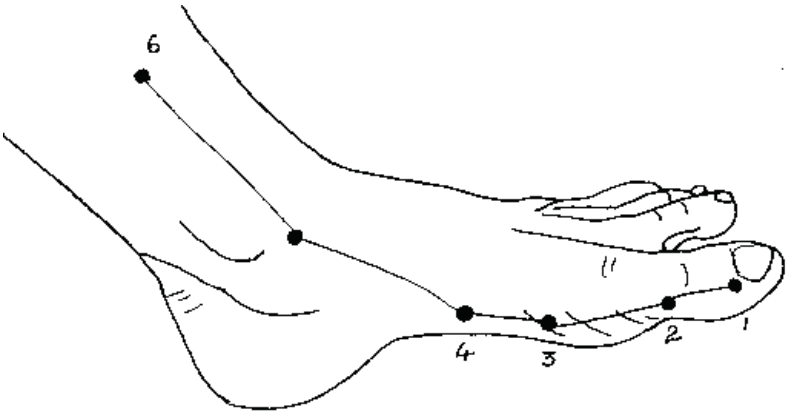
ST 44: NETTING (Inner Court)
Proximal to the web margin between the 2nd and 3rd toes, in the depression distal and lateral to the 2nd metatarsodigital joint.
This is a water and yong point. (Spring or stream point). Striking this point will affect the way the Qi is sent all over the body, so a strike here will cause power loss and great local pain. This strike has a strange affect in that it causes the recipient to feel as if he has been struck in the jaw. This could cause the brain to think that the jaw has been struck and cause KO. If left unchecked, this strike will cause all kinds of Qi balance problems that will only get worse.

ST 45: LIDUI (strict Exchange)
On the lateral side of the 2nd toe, about 0.1cun posterior to the corner of the nail.
This strike has some dire affects. It is a metal and cheng point and will have a great affect upon the muscles and tendons, so it can be used as a set up point for a joint lock where the tendons and muscles are being attacked. It will cause mind confusion and has been known to cause the nose to bleed profusely.
This is the end of the stomach meridian. Obviously there are points that you will strike that are close to other points on adjacent meridians etc. Most of the ST points do not have to be that accurate to make them work, and if you are not accurate, you will probably get some other point.

The Spleen Meridian

SP1: YINBAI (Hidden White)
On the medial side of the big toe, about 0.1cun posterior to the corner of the nail.
This is a wood and cheng point and a root point of ›Tai Yin" (the greater yin division of Spleen & Lung). This strike has a great affect upon the muscles and tendons as it is a control point for those. It is also a control point for the divergent meridians. Spleen damage will occur immediately with a great energy drainage. There is a downwards rushing feeling when struck, followed by nausea and loss of power caused by this point=s connection with the lungs by being the root point of tai yin. So it drains Qi from the lungs as well as the spleen. Often used to relax problems related to menstruation, this point also controls bleeding (in healing) in the gastrointestinal tract. As a result, a strike

here using adverse Qi will cause any bleeding to be worse and to be harder to stop, especially bleeding from for instance a knife strike to the stomach area. So this point can also be used as an excellent set up point to a knife attack!
This is also one of those points that will when struck affect the communication between heaven and earth causing great confusion between mind and body. In healing it is also used as one of the major treatments for shock. When used as a dim-mak strike however, the reverse happens with the symptoms of shock becoming apparent easier, even when a light to moderate strike to the head, for instance, has been felt. So, again, this is an excellent set up point or a major strike. SP 1-s affect upon the mind causes an inability to sleep soundly. IN healing, it is used to give a restful sleep.
A word of warning! SP 1 should never be used either in a dim-mak way or even for healing in pregnancy as it will have a adverse affect upon the uterus. In healing, it should never be used on a patient who suffers from diabetes as it will have an affect upon the balance of insulin/sugar.

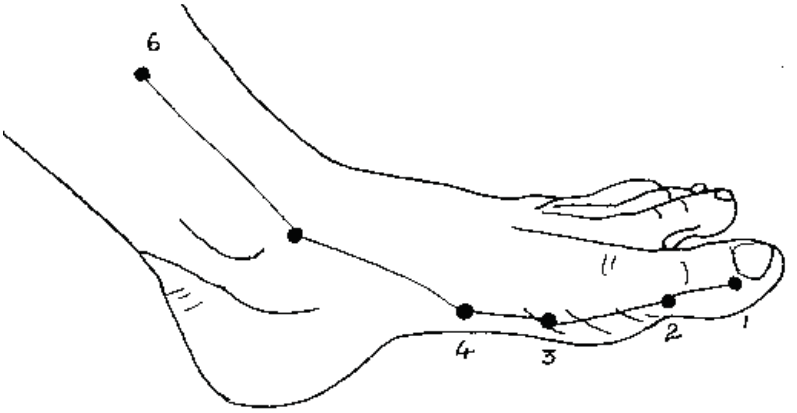


SP2: DADU (Big Metropolis)
On the medial side of the big toe, distal and inferior to the 1st metatarsodigital joint, at the junction of the red and white skin.
access to the toes with your hands. In this case a quick violent squeeze would be sufficient to cause the grappler to let go of any hold that he might have applied.
This is a fire and yong point and normally will strengthen the spleen. In this case where the point is used as a dim-mak strike, it will damage the spleen and weaken it, thus causing lack of power. Nausea with vomiting and it will cause a loss of memory in the long term if the condition is not treated. This strike will slow the flow is Qi in the channel. It will also have an affect upon

communication between heaven and earth. This point, like SP 1 is also forbidden to be treated in a healing manner in pregnancy.

SP 3: TAIBAI (Most White)
Proximal and inferior to the head of the 1st metatarsal bone, at the junction of the red and white skin.
This point will give immediate great pain resulting in Qi drainage at the point from the upper chest right down to the foot. The pain alone will be enough to cause a grappler to let go long enough for you to re-attack. It is an earth, yuan and shu point. The long term affects are, easy bruising, lack of memory and muscle problems such as cramps, muscles becoming atrophied etc. The immediate affect is a shock to the whole system which in many cases can cause knock out because of this shock. It can be used as a good set up point strike for points that lie on the four sides of the torso.

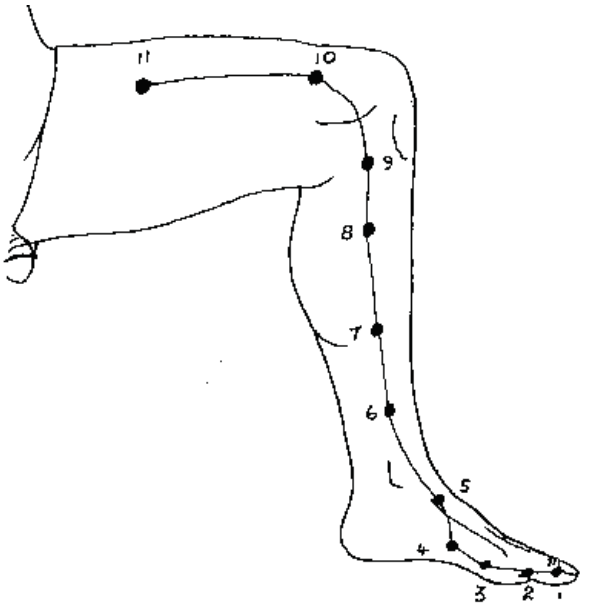
SP 4: GONGSUN (Grandfather's Grandson)
In the depression distal and inferior to the base of the 1st metatarsal bone, at the junction of the red and white skin or roughly 1 cun behind the joint of the big toe. At the anterior, inferior margin of the 1st metatarsal, in the abductor hallucis muscle.
This is a ›luo‹ point and a master point for ›chong mai‹ and a coupled point of ›yin wei mai‹. Dizziness and immediate great local pain with associated Qi drainage. This strike can cause knock out and much later damage. The pain caused by this strike can last for days, sleepless nights etc. I have noticed that with this strike, even analgesics will not stop the symptoms caused by the pain where the body scrunches up and becomes very tense. Because it is a master point of the extra meridian ›chong mai‹ it will cause a great lessening of one‹s life-force. A gradual deterioration of the recipient‹s quality of life will become apparent. This is also helped by the disruption of the yin and yang energies of the ›stomach/spleen‹. If the recipient is into things like yoga or qigong, taijiquan etc., before the strike, the affects of this good practice will slowly diminish until he or she is finally receiving no benefit from the practice. One of the reasons for doing such meditations is to unite pre and post natal Qi, and this strike will stop this. The heart will also be damaged as a result of this strike. In fact, this point strike will have an adverse affect upon all of the organs, immediately and over a period. It is one of those points that you just shouldn‹t play around with.



SP 5 : SHANGQIU (Mound of Commerce or Merchant Mould)
In the depression distal and inferior to the medial malleolus, midway between the tuberosity of the navicular bone and the tip of the medial malleolus.
This is a metal and jing point. It is a special point where the joints are concerned. So apart from the great damage that this point strike gives, it is also used as a set up point for those other points such as SP 19 that will affect a joint, in the case of SP 19, the opposite knee joint. Great local pain resulting in Qi drainage and power loss immediately. Will cause normally strong joints to give way immediately under mild pressure, such as in a joint lock etc.

SP 6: SANYINJIAO (Three Yin Junction)
Location: 3 cun directly above the tip of the medial malleolus, and the posterior border of the tibia, on the line drawn from the medial malleolus to SP 9.
Between the posterior max-gin of the tibia and the soleus muscle, and in it's deep position in the flexor digitorum longus pedis muscle
This is the meeting point of the lower yin meridians. Immediately great pain is felt with a dropping feeling from waist downwards. I have known of an incident one evening while bouncing, and this chap was kicked at this point and immediately defecated. Great nausea is also felt immediately, so much so that the fight is over.

SP 7: LOUGU (Sleeping valley)
6 cun above the tip of the medial malleolus, 3cun above SP 6, at the posterior margin of the tibia.
Great immediate pain and Qi drainage.



SP 8: DIJI (Earth's Mechanism)
3 cun below the medial condyle of the tibia, on the line connecting SP 9, and the medial malleolus, between the posterior. margin of the tibia and the soleus muscle.
This is a ›xi cleft‹ point (accumulation point) for ›Zhen Qi‹ or ›meridian Qi‹ or ›real Qi‹. In healing, it is mainly used for uterus problems. When struck however, will cause an obstruction in the meridian and thus spleen problems such as stomach disorders, varicose veins and bladder problems. A numbing of the lower leg is the immediate effect with a full feeling around the point, local pain is also felt. This point is often used as a set up point for a strike to ›the third eye point‹ just between the eyebrows. It is said that this combination will ›explode the head‹ (direct translation). Needless to say, the fight is over when this combination has been used. However, one must have a certain higher level of fighting skills to use this combination.

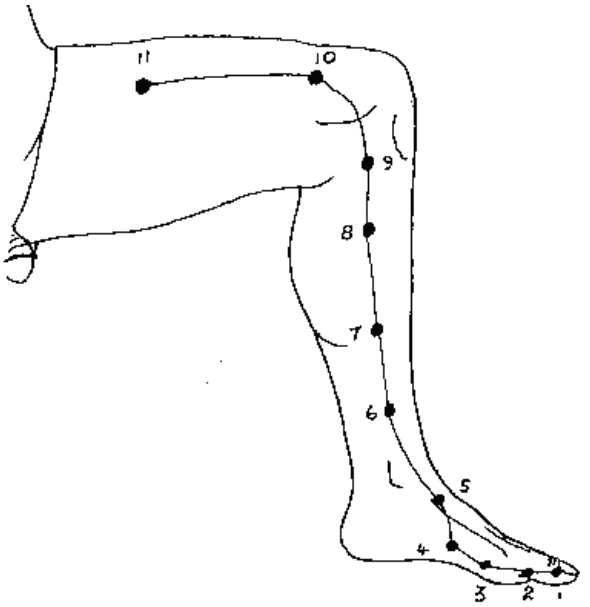
SP 9: YINLINGQUAN (Yin Tomb Spring or Yin Mould Spring)
On the lower border of the medial condyle of the tibia, in the depression between the posterior border of the tibia and the gastrocnemius in the upper part of the origin of the soleus muscle.

This is a ›water‹ and ›he‹ point. (Sea point, gathering together). Great local pain when this point is struck right on target. It has the reverse affect to the healing in that it will cause the body to fill up with water and if not corrected using acupuncture or other Chinese medicine, will eventually lead to early death. This point is used also as a set up point in the same what that SP 8 is used. It is not such a good prime strike as it is relatively difficult to get to with much power unless you are a seasoned martial artist. A good hard strike here will cause great nausea and is sometimes used in conjunction with GB 34.

SP 10: XUEHAI (Sea of Blood)
When the knee is flexed, the point is located 2 cun above the mediosuperior border of the patella, on the bulge of the medial portion of the quadriceps femoris, at the superior margin of the medial condyle of the femur, in the medial margin of the vastus medialis muscle. Another way of locating this point is to cup your right palm to the patient's left knee, with the thumb on the medial side and the other four fingers directed proximally, the point is located where the tip of your thumb rests.
This is called a ›shock point‹ because it sends a shock throughout the system causing the brain not to know what is happening for a second or two giving you time to get in with another attack. Just squeeze this point with your thumb and see what it does to you at that level. Now imagine the effect when this point is struck hard with for instance a heel. SP 10 does not respond very well to a larger weapon such as an instep type of round kick, it must be a more accurate weapon such as a heel or a fist etc. Being a ›special point‹ for the blood in the healing area, this strike has the reverse effect when struck allowing the blood to become ›reckless‹ which in turn allows pathogens to enter the blood.

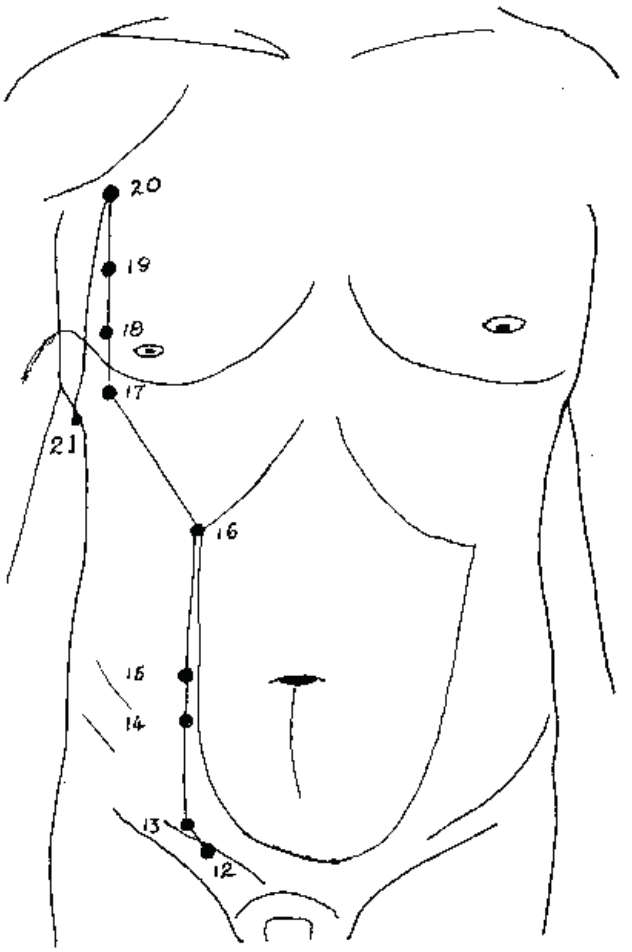
SP 11: JIMEN (Basket's Door)

6 cun above SP 10, at the medial aspect of the satorius muscle on the line drawn between SP 10 and SP 12.
Struck with accuracy, this point can give much local pain and Qi drainage. It will affect the way the spleen transports the Qi, so power will also be affected. This point can be used as a set up point strike for CV 17.



SP 12: CHONGMEN (Pouring Door)
Superior to the lateral end of the inguinal groove, on the lateral side of the femoral artery, at the level of the upper border of the symphysis pubis, 3.5 cun lateral to CV 2.
This point is situated right over the femoral artery and can cause great internal damage to this artery. It is also near the femoral nerve and will cause the whole leg to be paralysed. A strong kick to this region can also knock the head of the femur and ball joint right out of its socket damaging the tendons and ligaments causing great pain and immobilisation. At some later stage in life, if not treated, this strike will cause the body to not be able to take as much Qi from food, air and water as it should and as a result, disease and weakness is allowed to creep in.

SP 13: FUSHE (Dwelling)
0.7 cun above SP 12, 4 cun lateral to the CV MO.
This strike causes much the same damage as SP 12. The only difference is that it is closer to the femoral nerve and will cause considerable nerve problems, like paralysis or nervous shut down if the strike has been hard enough.



SP 14: FUJIE (Abdomen's Knot)
3 cun above SP 13, 1.5 cun below SP 15, on the lateral side of the rectus abdominis, 4 cun lateral to the CV MO.
If you can get a strike in at this point when the recipient is not expecting it, it will have a great affect, shocking the whole body and has been known to cause knock out. The area however is well protected by the ›external oblique‹ muscles and can be flexed to afford some kind of protection especially if the attacker has been practising ›iron shirt‹ qigong. Iron shirt qigong is a qigong method of moving and breathing that will, over some time, afford some protection to external strikes especially around the torso area. My video No. MTG22 "Taiji Healing and Iron Shirt Qigong" shows the way to gain this ability.

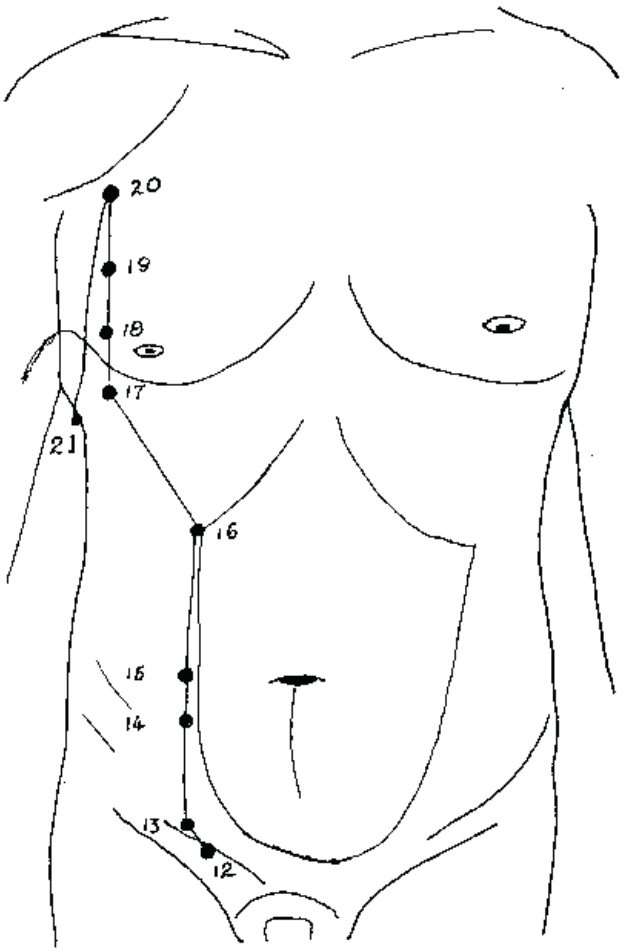
SP 15: DAHENG (Big Horizontal)
4 cun lateral to the centre of the umbilicus, on the mamillary line, lateral to the rectus abdominous, in the external and internal oblique and the transverse abdominous muscles.
Although this point strike will cause things like diarrhoea instantly and great nausea, it is too well protected by the external oblique muscles which, in this area can be built up to great proportions. It will give some shock value, but I would not be doing my job in teaching people how to defend themselves if I were to tell you to strike to this area. This would be especially true if someone was practising iron shirt. I would not advise you to attack to this region regardless of the attacker-s abdomen strength. Many other martial arts systems advocate this strike, and you will see them in tournament, especially the non contact variety, using the reverse punch with a loud yell and much bravado, striking to this area and gaining a point for doing so. I have invited many highly ranked martial artists to strike me in this region with little or no effect to their great surprise. And the way some martial artists attack, you can see the strike coming some seconds before, giving plenty of time to prepare the area for the shock.

SP 16: FUAI (Abdomen's Sorrow)
3 cun above SP 15, 4 cun lateral to the CV MO.
This point too can be protected. However, if caught unaware, a strike here can have devastating results as it is in the area of the diaphragm. This strike can cause death by suffocation at the most or in the least cause the recipient to have to sit down in order to re-gain his breathing.
SP 17: SHIDOU (Food's Cavity)
6 cun lateral to the CV MO, or 2 cun lateral to the mammillary line, in the 5th intercostal space.
with this one. All you want to do is to lie down and rub the area. The direction must be from outside to mid-line. So if you are striking to his right SP 17, you would strike it from his right to left over the point and into the pectoral.
The damage is great with local pain lasting for some hours. The Qi drainage is so severe that you will just wish to lie down. This point can be struck with a number of weapons including elbow and palm as the better ones. The elbow is well suited because of the direction of the strike. You can cause the heart to stop beating because of the percussive effect which travels straight into the heart. This is one of the most devastating strikes. However, it takes a little getting at as the arm must be raised first.

SP 18: TIANXI (Heaven's Stream)

2 cun lateral to the nipple or 6 cun lateral to the CV MO, in the 4th intercostal space.
This is again a devastating strike causing a shock wave to rise up into the head and around the whole upper torso with great Qi loss. This strike can also stop the heart. You can test this point by using finger pressure only at the edge of the pectoral and note the pain caused even with finger pressure. If you are right on the point, you will also feel a feeling going up in to the head and across the chest.

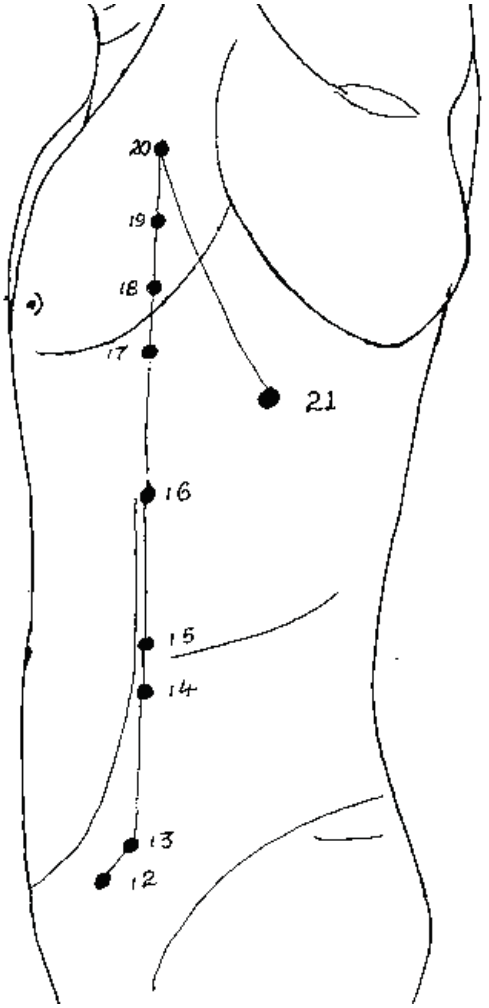
SP 19: XIONGXIANG (Chest Home)
1 rib above SP 18, in the 3rd intercostal space, 6 cun lateral to the CV MO. Usually using a finger jab, this point is interesting as it controls the power to the opposite leg. So if you strike to SP 19 on his right side, his left leg will be weakened and visa-versa. I was taught that the location for this point was a little more to the outside of the body in the shoulder crease, but I have not come across this location in any texts. The affect is the same however using both locations. Great nerve damage is caused to the shoulder area. This point can be used as a set up point for a leg kick requiring little power to cause his leg to buckle. I have caused one chap-s leg to quiver and bounce violently when this point was only squeezed.



SP 20: ZHOURONG (Encircling Glory)
1 rib above SP 19, directly below LU 1, in the 2nd intercostal space, 6 cun lateral to the CV MO.
This point will also affect the way the opposite leg functions, but to a lesser degree. It will cause great local tearing of the tendons in the shoulder with little or no external damage. I once struck an opponent in a tournament at this point and he could not carry on although there were no visible damage signs. The next day, he went to see a doctor who took ex-rays and to his astonishment, all of the tendons underneath the muscle were torn. The doctor had to inquire as to how he acquired this damage. Used with LIV 14,

this is a death combination. The whole body goes numb, lungs and heart stop.

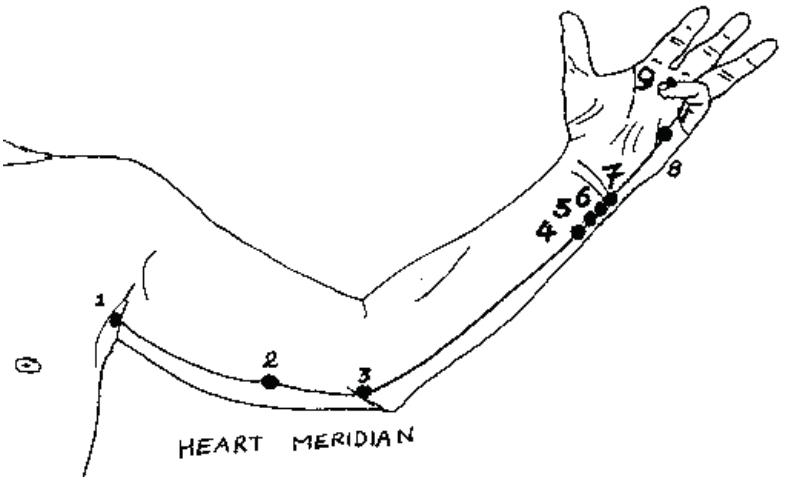
SP 21: DABAO (Big Wrapping)
On the mid-axillary line, 6 cun below the axilla, midway between the axilla and the free end of the 11th rib, in the 7th intercostal space.
This point does amazing internal damage electrically (Qi wise) and also physically. This point balances the whole body, left and right (especially torso) and inner and outer. A strike here spreads out over the chest causing great imbalance to the Qi system of the whole body. The recipient will fall into a coma if the strike if done hard enough, and will not recover until energy balancing is performed on him. Physically, the liver can be damaged as well as the lungs as this point is also connected to LU 1. Rib breakage will also occur. Not a point to be played around with! An excellent point to use with ST 9 causing KO and extreme spleen damage, the lungs contract causing suffocation.



The Heart Meridian

HT 1: JIQUAN (Summit's Spring)
In the centre of the axilla, on the medial side of the axillary artery, at the lateral , inferior margin of the pectorals major muscle and in it's deep position the point lies in the coracobrachialis muscle
This is one of the most dangerous heart points as it will stop the heart instantly with a medium to heavy strike. The point is right over the top of the ›axillary artery‹ and as such great artery damage is also done when this point is struck. The ›shen‹ is affected and one feels like they have bee disconnected from God!

Brain function is also affected, speech is impaired and mental activity in general is severely affected. The emotional state of the recipient is also damaged greatly. This is all on top of immediate shoulder damage as well. This point is traditionally used to cure ›frozen shoulder‹ because of its ability to clear both external and internal Qi of the meridian.



HT 2: QUINGLING (Youthful Spirit)
When the elbow is flexed, the point is 3 cun above the medial end of the transverse cubital crease, (HT 3), in the groove medial to the biceps brachii. This point will slow the heart rate sufficiently to make his feel really ill. This point is also an excellent nerve point strike affecting the whole arm and sending a shock wave into the upper body. Knock out has been affected using this point.

HT 3: SHAOHAI (Lesser Sea)
When the elbow is flexed, the point is at the medial end of the transverse cubital crease, in the depression anterior to the medial epicondyle of the humerus, in the pronator teres and the brachialis muscles.
This is one of the more dangerous points. It stops the heart. It is a ›water and He Sea point‹. It will have the immediate action of stopping the heart and damaging the tendon (nervous) system. Usually used to treat, among other things, stress, depression and emotional disturbances, this strike will also have the reverse effect causing long term nervous and emotional disorders. This strike will unbalance the yin/yang relationship throughout the whole body.

Someone who has been struck here and who has not been treated, will have a complexion like someone who has smoked all of their lives. Like, someone who is supposed to be 35 years old but who looks like 65 years old! This strike also works very well with the ›mind‹ point on the chin. Someone is put out to it very easily with a light slap on this point after HT 3 has been struck. If struck in a proximal way, will cause high blood pressure. If struck straight in will cause the heart to weaken over a period.

HT 4: LINGDAO (Spirit's Path)
On the radial side of the tendon of the muscle flexor carp! ulnaris, 1.5 cun above the transverse crease of the wrist when the palm faces upwards.
This is a metal and jing point, usually used for ›local‹ problems In the healing area. It adds fire to the heart and causes high blood pressure immediately.

HT 5: TONGLI (Reaching the measure)
When the palm faces upwards, the point is on the radial side of the tendon of the flexor carpi ulnaris muscle, 1 cun above the transverse crease of the wrist, between the tendon of the flexor carpi ulnaris and the flexor digitorum superficialis manus muscle, in it's deep position, in the flexor digitorum sublimis muscle.
This is a classic Qi drainage point and works very well as a set up point strike. This point is used in acupuncture when Qi drainage is called for. In fact acupuncturists will not work this point too hard as it could cause knock out from Qi drainage. Works very well with TH 12. This strike will weaken the elbow greatly

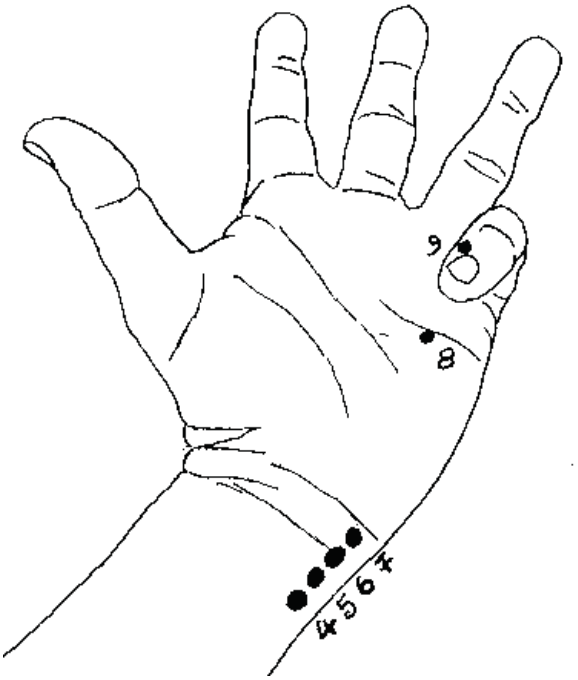
HT 6: YINXI (Yin Accumulation)
On the radial side of the tendon of flexor carp! ulnaris muscle, 0.5 cun above the transverse crease of the wrist.
HT 4,5,6&7 are very close to each other and as such it is difficult only to get one. So, it is common that all four points are attacked at once with a grabbing and shaking motion. This will cause great Qi loss and immobilisation, just before a more dangerous attack to ST 9 for instance. HT 6 is the Xi-cleft point. If struck all be itself, it said to cause madness and weaken the heart.

HT 7: SHENMEN (Spirit's Door)

On the transverse crease of the wrist, in the articular region between the pisform bone and the ulna, in the depression on the radial side of the tendon of the muscle flexor carpi ulnaris.
This point has a great effect upon the shen or spirit. It is an Earth, Yuan and Shu point. This strike damages the shen-s emotional control over the whole system. The ›fire- element is totally unbalanced causing too much heat to enter the system. The whole system is emotionally unstable and tense.

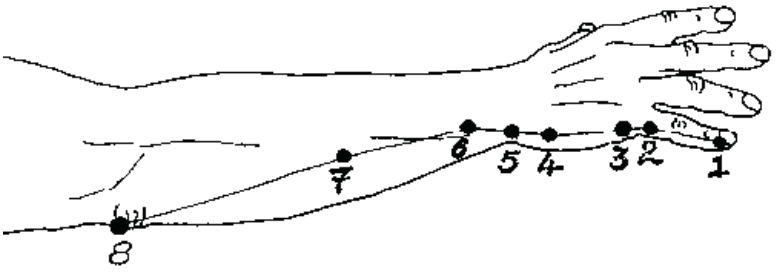
HT 8: SHAOFU (Lesser Residence)
On the palmar surface, between the 4th and 5th metacarpal bones. When the hand is supine and the fingers cupped in a half fist, this point is found on the palm just below the tip of the little finger. Between the fourth and fifth metacarpal bones, in the 4th lumbrical muscle and the tendon of the flexor digitorum sublimis muscle, in it's deep position in the interosseous muscle.
This point also upsets the shen and the emotional stability. It-s not a point that I would use in a tight situation, more the small lock along with the point as in the application section. It is a fire and yong point and when struck upsets the heart Qi, so the heart is damaged. As a sideline, this point strike will upset the body time clock showing symptoms of jet lag! It can also be used to combat jet lag in the healing sense.

HT 9: SHAOCHONG (Lesser Pouring)
On the radial side of the little finger, about O.l cun posterior to the corner of the nail
Although this point works very well, it is difficult to get to without opening yourself to an attack. It is usually used in the healing area as an emergency point or revival point. It is a ›wood and cheng- point. It has to be struck very hard to work not as a healing point, so even if you do attack this point, you could help the attacker, not hurt him! If struck really hard, this point will shock the heart for a moment to enable you to get in with another strike. Not a point I would use in a tight situation. An excellent heart healing point though.



The Small Intestine Meridian

SI 1: SHAOZE (Lesser Marsh)
On the ulna side of the little finger, about 0.l cun posterior to the corner of the nail.
This is a metal and cheng point, it controls the muscle/tendino and divergent meridians. This strike can work as a delayed death touch as it can affect the body-s defences over a period of time. It will cause the recipient to become very angry as heat will be caused in the heart. This is more of a healing point than a dim-mak point. It is also used to produce and to improve the quality of breast milk.



SI 2: QIANGU (Forward Valley)
When a loose fist is made, the point is distal to the metacarpophalangeal joint, at the junction of the red and white skin.
This is a water and yong point. A strike here will cause heat to rise in the body which will cause all kinds of problems, like heart disease, sores on the lips and tongue and general ill health. Again, this is not a point that I would use in a tight situation unless I were to use the small finger as a ch=i-na locking hold. Its main function in dim-mak is as a controlling point, used when one does not really wish to do great damage immediately in the case of a bouncer etc. One can never be sure as to which point is working here, whether it is purely the little finger being bent which causes the pain or the point that you are also attacking while doing the finger lock.

SI 3: HOUXI (Black Creek)
When a loose fist is made, the point is proximal to the head of the 5th metacarpal bone on the ulna side, in the depression at the junction of the red and white skin. Lateral to the abductor digiti minimi manus.
This point will cause considerable damage, but again it is not easy to get at. It is a wood and shu point and a master point for the Du Mai. (Extra Meridian). This strike will cause there to be a non communication between ›heaven= and ›earth=, thus between upper and lower body. The senses will become confused immediately and the nerves and tendons will tense up making for an excellent set up point for a lock. This point will also have an adverse effect upon the liver. Immediately there will be great pain and Qi drainage. It is also a great controlling lock point.

SI 4: WANGU (Wrist Bone)

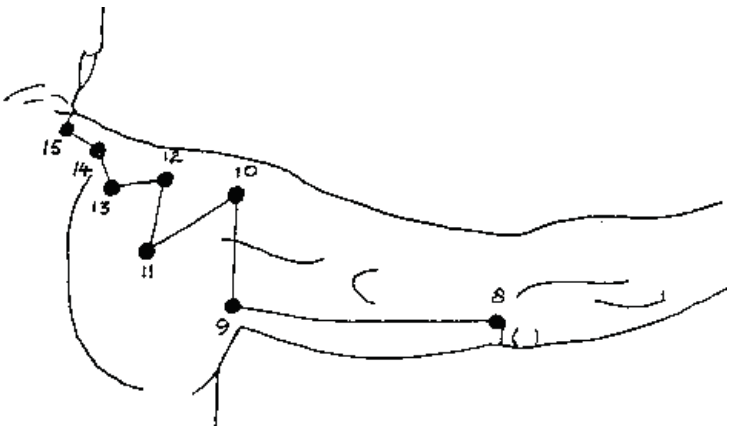
On the ulna side of the palm, in the depression between the base of the 5th metacarpal bone and the triquetral bone. Lateral to the origin of the abductor digiti minimi manus.
Like SI 3, this point has some dangerous properties, however it is not a point that I would use in a tight situation as it is difficult to get at. It is a yuan point and is used in healing in gall-bladder related problems. The long term effects of this strike will be a loss of innovation or the forming of ideas. It will also affect the heart by causing heat to accumulate as it has an affect upon the bladder also. Immediately, it will cause an energy loss and is a good controlling point. Another long term affect is that they eyes become sore, itchy and burning.

SI 5: YANGGU (Valley of Yang)
On the ulna side of the wrist, in the depression between the styloid process of the ulna and the triquetral bone.
This point is an excellent set up point for a more dangerous strike such as to ST 9 or SI 16 or ST 15, or CV 14. All points will cause death when SI 5 is activated first. It is a fire & jing point. A hard strike here however, has the ability to cause what is known as Yang Madness, a build up of stagnant Yang Qi in the head.

SI 6: YANGLAO (Nurishing the Old)
Dorsal to the head of the ulna. When the palm faces the chest, the point is in the bony cleft on the radial side of the styloid process of the ulna. On the dorsal aspect of the ulna, above the head of the ulna at the wrist, between the tendons of the extensor carpi ulnaris and the extensor digiti minimi manus muscles.
This is a xi-cleft point and a strike here using adverse Qi will cause the tendons in the whole body to become tense. One documentation that I read, said that one person who was chopped at this point had his knee ligaments torn and there was no leg attack at all. This point can also cause failing vision or an instant temporary blindness which makes it an excellent set up point.

SI 7: ZHIZHENG (Branch of Uprightness)
5 cun proximal to the wrist, on the line joining SI 5 and SI 8.
This is the first of the SI dangerous point strikes. It will add much yang Qi to the heart and cause great immediate pain. A strike here can cause permanent blindness over a period. There is an immediate build up of heat in the heart causing great nausea and fainting. This is not a point to be played around with!

SI 8: XIAOHAI (Small Sea)
Between the olecranon of the ulna and the medial epicondyle of the humerus. The point is located with the elbow flexed.
Again, this is a very dangerous point strike. It will cause considerable pain and Qi drainage and when struck at the same time as LU 5 will cause knock out or even death. It is an earth and he point. It can also be used as an excellent controlling point using violent finger pressure which has the ability to immobilise an opponent so much that he will drop to the ground. Other points that work really well with SI 8 are: Neigwan, SI 16, The mind point, CV 4. Continuing headaches will also be caused until an acupuncturist has treated this situation. A No. 1 neurological strike works wonders with this point.



SI 9: JIANZHEN (Shoulder Chastity)
Posterior and inferior to the shoulder joint. When the arm is adducted, the point is 1 cun above the posterior end of the axillary fold, at the lateral margin of the scapula below the infraglenoid tubercle. In the posterior deltoid muscle, and in it's deep position in the teres major muscle.
An immediate rush of energy to the head causing great nausea and fainting, a build up of stagnant Qi at the base of the skull at GB 20 is also apparent causing the head to feel like it is exploding.

SI 10: NAOSHU (Scapula's Hollow)
When the arm is adducted, the point is directly above SI 9, in the depression inferior and lateral to the scapular spine. In the deltoid muscle posterior to the

glenoid fossa of the scapula, and in it's deep position, in the infraspinatus muscle.
This strike will do great immediate physical damage due to the accumulation of tendons and muscles at this point. The damage is so great that it can cause knock out from the Qi drainage and pain. Extreme scapular damage is done.
The deltoid muscle is a thick triangular muscle which cups the shoulder joint. It is attached to the clavicle (collar bone) and scapula (shoulder blade) at its upper end, and to the shaft of the humerus (upper arm bone) at its lower end. The muscle is divided into three portions: an anterior (clavicular) portion, and acrominal (middle) portion, and a posterior portion. The posterior portion is located on the back of the shoulder. Almost any movement of your shoulder and upper arm involves the deltoid muscle. The anterior portion is used to raise the arm from the body and to lower it again. The acrominal portion is a powerful abductor and the posterior portion is used to move the arm backward.

SI 11: TIANZONG (Heaven's Ancestor)
In the infrascapular fossa, at the junction of the upper and middle third of the distance between the lower border of the scapular spine and the inferior angle of the scapula. In the infraspinatus muscle.
This point is one of the major point strikes on the back as it is capable of taking out the whole arm and draining much Qi. Even a medium strike here with either a large weapon such as a palm or a small one such as a finger will cause considerable damage to the back and arm. I personally have received this strike in my early days in training and my left arm was out of action for one week! I was given the antidote and was told that it would be OK in one week, and it was. Immediately, you feel like an electrical shock running down your arm and then the paralysis sets in.

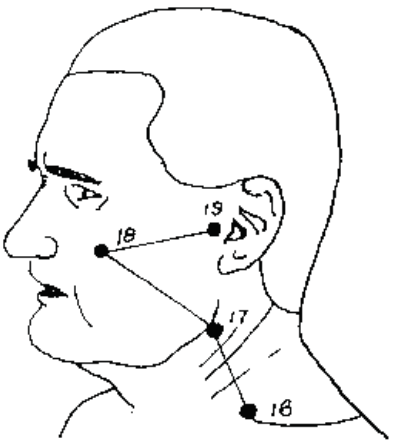
SI 12: BINGFENG (Holding Wind) *Bing means to receive, Feng means Wind, this point is alsotranslated as Facing or Controlling Wind.*
In the centre of the suprascapular fossa, directly above SI 11. When the arm is lifted the point is at the site of the depression.
This point when struck quite hard will cause an energy rush to the head which can cause knock out. There will be a sickly feeling in the upper body for some time afterwards. The scapular can be knocked out of position with tendon damage as well.

SI 13: QUYUAN (Crooked Wall)

Location: On the medial extremity of the suprascapular fossa, around midway between SI 10 and the 2nd thoracic vertebra spinous process. On the superior margin of the spine of the scapula, in the trapezium and supraspinatus muscles. This point is more dangerous than SI 12 in that it will drain Qi rather than add it. A feeling like something is draining from the whole upper body is felt which causes the fight to be over. The lungs can be physically damaged with this strike. Scapular damage is also imminent with a medium to hard strike.

SI 14: JIANWAISHU (Shoulder's Outer Hollow)
3 cun lateral to the lower border of the spinous process of the 1st thoracic vertebra, on the vertical line drawn upwards from the medial border of the scapula.
This point strike will put a shock into the upper body causing the lungs and heart to falter. Extreme nausea will result with vomiting and later even death if untreated, especially if used with CV 14.

SI 15: JIANZHONGSHU (Mid Shoulder Hollow)
2 cun lateral to the lower border of the spinous process of the 7th cervical vertebra (GV 14). At the end of the transverse process of the 1st thoracic vertebra, superficially in the trapezium and in its deep position, in the levator scapulae muscle.
A severe Qi drainage from the upper body will result, causing knock out if the strike is quite hard. Nervous damage can occur as it is quite close to the backbone at the neck. Nausea will also result.



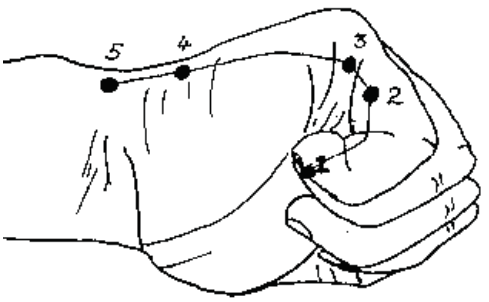
SI 16: TIANCHUANG (Heaven's Window)
In the lateral aspect of the neck, on the posterior border of the sternocleidomastoideus muscle, posterior to CO 18, 3.5 cun lateral to the laryngeal prominence.
This is a ›window of the sky point‹. It is one of the more deadly SI points causing instant death when struck hard. Medium strikes will cause emotional imbalance and heart problems. A strange side effect of this strike is that the recipient will laugh when struck! This is because of the imbalance of emotions when the ›shen‹ is disconnected to the body. This is a point not to be played around with! If you are one of those people who go around knocking people out at demonstration, DO NOT USE THIS POINT, as death can occur really easily.

SI 17: TIANRONG (Heaven's Contents)
Posterior to the angle of the mandible, in the depression on the anterior border of the sternocleidomastoideus muscle and the inferior margin in the posterior belly of the digastric muscle.
Again, this is one of the more deadly points. It is very close to the vagus nerve and will cause knock out quite easily and it is right over the external carotid artery which will cause a ›blood KO‹. It is also a ›window of the sky point‹. When this point is struck, the head feels like it will explode especially if the strike is a lock around the neck using the knife edge of the palm. This is a well known neck locking point in the jujitsu area and has been demonstrated a

number of times in public. Just a quick blow up under the angle of the jaw and it-s a knock out.

SI 18: QUANLIAO (Cheek Seam)
QUAN means ZYGOMA and LIAO means foramen. Directly below the outer canthus, in the depression on the lower border of the zygoma, level with CO 20. Using a smaller weapon such as a one knuckle punch, this strike will cause knock out. It shocks the brain and causes a rush of Qi up the back of the neck to the brain causing confusion, hence the knock out.

SI 19: TINGGONG (Palace of Hearing)
Between the tragus and the mandibular joint, where a depression is formed when the mouth is slightly open. At the anterior of the middle of the tragus, and the posterior margin of the condyle of the mandible.
This point should do great damage, and I have been told that it causes the brain to shut down the body. However, it has been my experience that this point does nothing at all. Of course it one were to hit it with a hammer! But this point seems to do nothing more than give someone a headache and tinnitus! It is well protected by bone here. A little lower, it-s a different story though. GB 2 is a



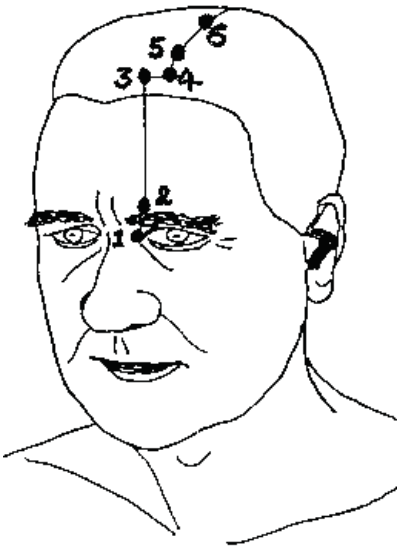
very dangerous point.

The Bladder Meridian

The Bladder Meridian

BL 1: JINGMING (Eyes Bright)

0.1 cun superior to the inner canthus, in the medial palpebral ligament and in it's deep position in the rectus medialis bulbi. Outside corner of the eye.
This point is particularly nasty. Its immediate effect for even a light strike is nausea, then a rapid energy loss, possible loss of sight. Because of its connections to many other meridians, internal Qi damage is also done to those associated organs. Struck hard, will cause the Qi to stop flowing causing death. Because this point stimulates the "wei Qi" (that which protects us externally from internal attack by disease etc.,) a strike here will cause the immune system to pack it in, thus causing damage later by disease attack. The whole energy system is put out of balance.



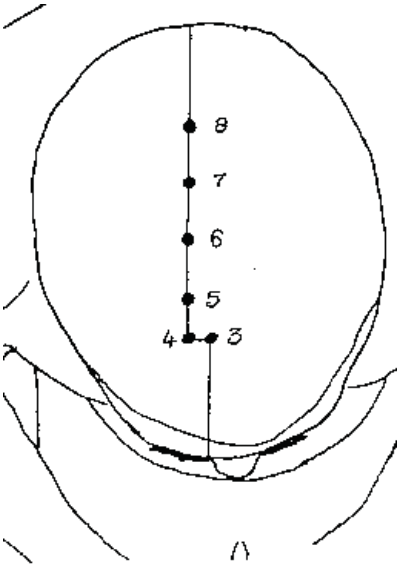
BL 2: ZANZHU (Gathered Bamboo / Drilling Bamboo)
In the Supraorbital notch at the medial end of the eyebrow, in the frontalis & corrugator supercillii muscles.
Again, this point is extremely dangerous as it is an extreme Qi drainage point. Not only physical damage to the eye area but also great Qi damage will result. A light strike here will cause headaches for months. When struck in an upward way, the head feels like it is exploding, knock out of even death when struck hard. Nausea.

BL3: MEICHONG (Eyebrow=s Pouring)
Directly above the medial end of the eyebrow, 0.5 cun within the anterior hairline, between GV 24, and BL4.
This strike shocks the brain causing a knock out or a broken neck if the strike is hard enough. It is also an energy drainage point. The area of the brain where this point is over is the cerebrum which pretty well controls all of the conscious physical functions of the body, so a strike here would cause the body to be out of control.
The area is right over the front part of the Cerebrum:

BL 4: QUCHAI (Discrepancy)
1.5cun lateral to GV 24, at the junction of the medial third and the lateral two thirds of the distance between GV 24 and ST 8, within the natural hairline.
This point will also shock the brain causing it not to know what is happening so it shuts the body down. You could easily strike to BL 4 and BL 3 with the same strike. The blow has to be substantial as this part of the skull is well protected. Physical neck damage will also occur.

BL 5: WUCHU (Five Places)
1.5cun lateral to GV 23, directly above BL 4, 1 cun within the natural hairline.
The distance from the midpoint of the anterior hairline to the midpoint of the posterior hairline is measured as 12cun. If the anterior hairline is indistinguishable, it may be measured from the glabella (the extra point YINTANG) by adding another 3cun.
A little further back than BL 4 so this strike needs less force. Local pain is felt, followed by a Qi drainage that moves down the body, causing nausea when it reaches the stomach. KO if struck hard enough.

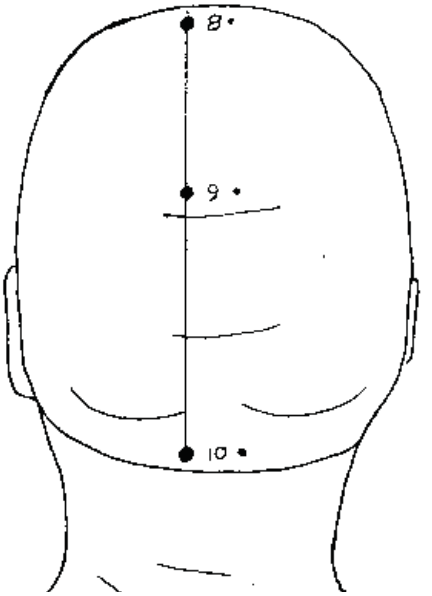
BL 6: CHENGGUANG (Support Light)
1.5cun posterior to BL 5, 1.5cun lateral to the GV MO, 2.5cun above the natural hairline.
This point is the one you bang when you are under the house fixing something and get up suddenly. The pain and Qi drainage is great. You just have to sit down until the body=s Qi comes back to normal and the pain subsides. BL 6 is right over the frontal fontanel, so it will also cause damage to the skull structure causing great pain and Qi drainage.



BL 7: TONGTIAN (Reaching Heaven /Penetrating Heaven)
Draw a line approximately from the rear of the ear up to 1.5 cun from the middle line of the skull. Or 1.5 cun posterior to BL 6. 1.5cun posterior to BL 6, 1.5cun lateral to the GV MO. 4cun with the hair line. The point is in the Galea aponeurotica, 1 cun anterior to GV 20.
This point when struck literally knocks you senseless. If only a medium strike, the brain is knocked into a state of confusion for a moment. Any harder and this confusion and senselessness lasts longer. So it can be used as a point strike by itself or as set up point for a more potent strike.

BL 8: LUOQUE (Decline)
On the top of the head, 1.5cun posterior to BL 7, 1.5cun lateral to the GV MO, 5.5cun with in the hairline.
Great local pain with a Qi drainage down the side of the body where the strike was. Hard enough will cause KO. Nausea in the least.

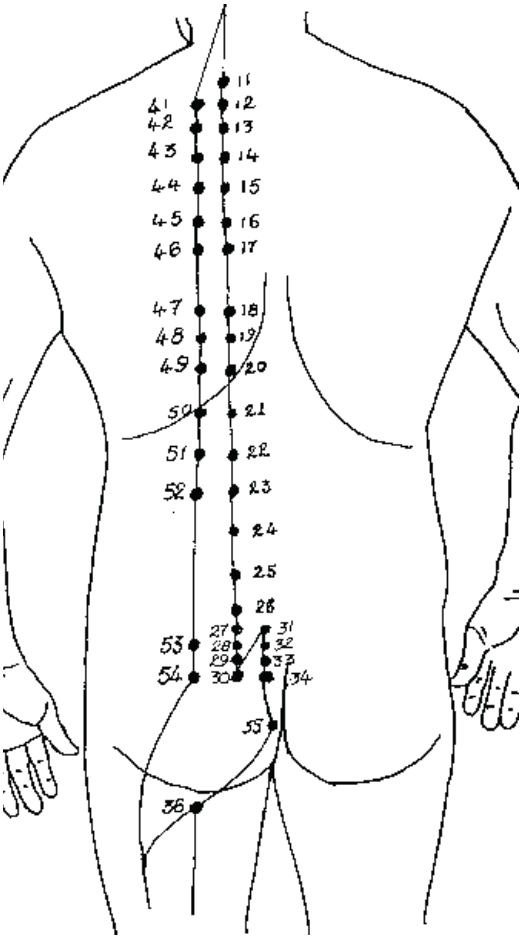
BL 9: YUZHEN (Jade Pillow)
1.3cun lateral to GV 17, on the lateral side of the superior border of the external occipital protuberance.



At a physical level, this point works much the same as GB 19 in that it shocks the brain causing knock out. The electrical damage is slightly different in that an accurate strike here using a smaller weapon will cause great Qi drainage from the upper chest area causing nausea in the least and heart failure in the most.

BL 10: TIANZHU (Heavenly Pillar)
1.3cun lateral to GV 15, within the posterior hairline on the lateral side of the trapezium in the origin of the trapezium and in its deep position in the semispinalis capitis muscle.
Warning! Do not play around with this point!
A most dangerous point. When we view the old James Bond movies, he always uses the chop to the back of the neck, because the director of those films knew that this point works. It will cause a knock out in the least. A "disconnected" feeling will also be felt because of a build up of yang Qi in the head blocking

emotional energy. The recipient will also feel like there is no air getting from the lungs to the rest of the body. Use this point with ST 9 and CV 17 and you have a very dangerous cocktail. Death will occur instantly when these three points are struck. BL 10 will cause death all by itself however. The three points together stop the Qi from flowing.
BL 10 is just below the Medulla Oblongata:
The Medulla Oblongata is the lowest part of the brain stem. It is about two centimetres long. The nerve fibres cross here, causing one side of the brain to receive information from the opposite side of the body. This is the control centre for many vital bodily functions.
Because of the location of BL 10 near the Medulla Oblongata, this could explain why this strike affects the breathing so much.



BL 11: (DASHU)

1.5cun lateral to the lower border (Big Shuttle) of the spinous process of the 1st thoracic vertebra, about 2 finger breadths from the GV MO. Superficially this point is located in the Trapezius, Rhomboid, poster superior Sorratus muscles, and in its deep position in the Longissimus muscle.

Again, this is a deadly point, so do not play around with it! This point affects the bones and therefore also the kidneys. So it can be used as a set up point for a bone strike. (Arm break, or leg break etc.). Immediate nausea caused from the action on the kidneys. Qi drainage. Used in conjunction with ST 37 and ST 39, death occurs. And at some later stage, blood disorders can occur, like leukaemia.

However, at this point, there is also a more bizarre effect. The recipient is ›cut off‹ from the ›Shen‹. (Spirit). It is said in some older texts that the "Shen" is

damaged, but it is my belief that the Shen (God part of the human being), cannot be damaged. My main teacher Chang Yiu-chun when talking about this point simply said. "No God". So it is my view that we stop communication with the spirit by striking to this point, causing the recipient to go into immediate decline as far as being a human being is concerned.

BL 12: FENGMEN (Winds Door)
1.5cun lateral to the lower border of the spinous process of the 2nd thoracic vertebra. In the Trapezius, Rhomboid & posterior superior Serratus, & in the deep position the Longissimus Innervation: Superficially, the medial cutaneous branches of the posterior rami of the 2nd & 3rd Thoracic nerves, deeper, their lateral cutaneous branches.
Again, this point causes great damage both physically and mentally and Qi wise. The Qi circulation is immediately impaired and can take some time to re-adjust. A strike here opens up the spine to external attack. The Chinese say that the spine is attacked by ›wind‹. Again, this point will have an affect upon one›s communication with the "Shen". The recipient will, in the end, get colds easier and not be able to shake them off. Socially, he or she will change emotionally over a number of years. I know of people who have received strikes to this area from car accidents, and have changed dramatically in personality over several years, so much so that they are just not the same person.

BL 13: FEISHU (Lungs Hollow)
1.5cun lateral to the lower border of the 3rd thoracic vertebra.
This is a "shu" point which means; "an associated affect point on the bladder meridian. This point is directly related to the lungs and therefore will cause the lungs to be damaged. The lungs are part of the ›power‹ system of the body and so power is greatly reduced with this strike. The recipient feels like they have had the proverbial ›kick in the guts‹, gasping for air and buckling over. The kidneys are also affected as is the flow of Qi and especially the ›wei Qi‹ that which protects us from external pathogenic attack. So a strike here could cause the recipient to get diseases easily.

BL 14: JUEYINSHU (Absolute Yin Hollow)
1.5cun lateral to the lower border of the spinous process of the 4th thoracic vertebra. In the Trapezius and Rhomboid muscles and deeper, in the Longissimus muscle.
This point has a direct relationship with the pericardium meridian. A strike here will cause the heart to be affected in the instant term as well as in the long term because it affects the way that the pericardium protects the heart from

perverse Qi. This point also has an affect upon the relationship of the mind to the "shen" or spirit, and depending upon how hard it is struck will upset the "humanity" of the recipient. It will also affect the "Kidney Jing". Anyone who has perhaps diabetes or some other disease that affects the kidneys, knows what a damaging affect weak kidneys have on the body. In many ways, we can still perform with other organs not at peak condition, but with weak kidneys, your power is shot. And a strike to this point has an instant affect upon the overall power of the body by weakening Kidney Jing.

BL 15: XINSHU (Heart's Hollow)
1.5 cun lateral to the lower end of the 5th thoracic vertebra. In the Trapezius and Rhomboid muscles & deeper, in the Longissimus muscle.
The heart is damaged with this strike. The immediate damage is heart failure. It will also have an affect upon the "shen" as the spirit is housed in the heart. So it will affect social and emotional behaviour and the ›humanity‹ of the recipient where the "shen" is no longer in control. The ›seat of power‹, the lungs and diaphragm will also be damaged thus immediately also causing the affect of the old kick in the guts. Combine this point with any of the other back bladder points and you have a really dangerous combination..

BL 16: DASHU (Governing Hollow)
1.5cun lateral to the lower border of the spinous process of the 6th thoracic vertebra. In the trapezium, latissimus dosi & Longissimus muscles.
Again, the communication with "the Shen" is affected by the action upon the Governing Vessel. This pathway, the "upper heavenly circulation" comprising of the GV and CV meridians, plays an important role in the body‹s ability to communicate with the ›shen‹. So a strike here will not only cause Qi drainage from the lungs, but also affect the way the recipient perceives himself, emotional behaviour and social behaviour. The affects of this strike are not immediate unless the strike has been very hard. But the Qi drainage will occur some time later causing the recipient to feel very weak. So be warned! If this strike is done in the afternoon or early evening, it could cause death if the Qi drainage occurs after midnight.

BL 17: GESHU (Diaphragm‹s Hollow)
1.5cun lateral to the lower border of the spinous process of the 7th thoracic vertebra. At the inferior margin of the trapezium, and in the latissimus dosi & Longissimus muscles.

The damage here is great in that it will affect the power of the body. Immediate loss of power is felt in the legs especially, then rising up into the arms. This is in the case of a downward strike. Should the strike be upwards, then the person will have trouble eating and swallowing.

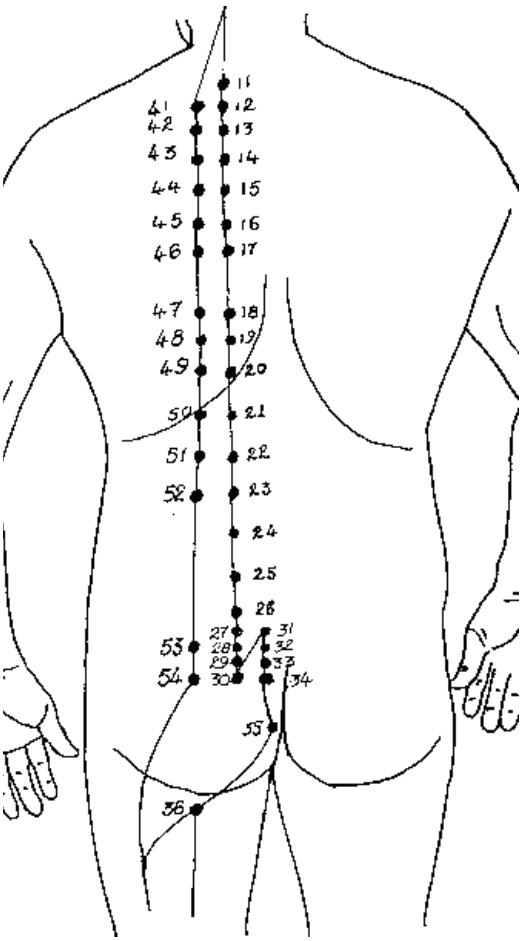
BL 18: GANSHU (Liver's Hollow)
1.5cun lateral to the lower border of the spinous process of the 9th thoracic vertebra. In the latissimus dosi muscle, and between the Longissimus & iliocostalis muscles.
Striking to this point with a smaller weapon such as a one knuckle punch will allow ›wood to invade earth‹. (The exact opposite of what healing does at this point). This will cause great nausea at the stomach and intestine area. This strike can also cause momentary or permanent blindness due to the action upon the liver as BL 18 is a ›Liver Shu Point‹. It also affects the Gall bladder. Immediate knock out with this strike as the brain thinks that the liver and gall bladder have been damaged greatly, and so shuts the system down while it works out what is wrong.

BL 19: DANSHU (Gall Bladder's Hollow)
1.5cun lateral to the lower border of the spinous process of the 10th thoracic vertebra. In the latissimus dosi muscle, between the ilocostalis & Longissimus muscles.
This point works in much the same way that BL 17 does. Only this point has a greater affect upon the digestive system and so greater nausea is felt. Should you wish to stop the fight instantly, then this point will work, causing not so much real damage with a light to medium strike. The nausea that is caused is enough to stop the fight. Combine it with GB 25 or LIV 14 and the recipient is in real trouble! This point has been known to also result in spasm in the middle of the back causing the attacker not to be able to continue the confrontation, he is doubled up in pain.

BL 20: PISHU (Spleen Hollow)
1.5cun lateral to the lower border of the spinous process of the 11th thoracic vertebra. In the latissimus dosi muscle, between the Longissimus & iliocostalis muscles.
This is quite an amazing point to strike. It is commonly called the "vomit" point in dim-mak circles. This point attacks just about every organ in the whole body and also attacks "earth". It will cause great nausea and vomiting by attacking the stomach and digestive organs, it will attack the liver and gall bladder and in

particular the spleen which causes the liver to become ›hot=. One if the jobs for the spleen is the transportation of Qi, hence this point=s ability to attack all organs. The liver becomes hot and so affects ›earth= which in turn damages further the spleen and so a viscous cycle is set up. Do not play around with this point!

BL 21: WEISHU (Stomach's Hollow)
1.5cun lateral to the lower border of the spinous process of the 12th thoracic vertebra. In the lumbodorsal fascia, between the Longissimus and iliocostalis muscles.
Great power loss is felt when this point is struck. Again, extreme nausea is felt



as well as liver damage.

BL 22: SANJIAOSHU (Triple Burner's Hollow)
1.5cun lateral to the lower border of the spinous process of the 1st lumbar vertebra. In the lumbodorsal fascia, between the Longissimus and iliocostalis muscles.
This is a special point for the metabolism of water. It also affects the whole triple heater, literally, the whole body-s Qi flow. So a strike here not only causes instant effects such as extreme Qi drainage, but also long term affects such as body lubrication, which in turn could cause things like joint diseases.

BL 23: SHENSHU (Kidney's Hollow)
105cun lateral to the lower border of the spinous process of the 2nd lumbar vertebra. In the lumbodorsal fascia, between the longissimus and iliocostalis muscles.
This is the Shu Point of the kidneys. So great kidney damage is done. Now as much as a strike to GB 25, but enough to cause considerable kidney failure or blood in the urine. There is a technique which I will show in the application part for this point, called "Kidney Damaging Method". I have had personal experience with this method with the recipient being hospitalised because of kidney damage and blood in the urine. The damage to this point is instant with the recipient not being able to carry on, and if quite a hard strike, he will fall instantly. Should he not receive medical help, the kidneys will slowly fail causing death. Again be warned, this strike should not be played around with, ESPECIALLY after noon!
Another area of damage, little known to most instructors, is that this strike will cause an excessive build up of yang energy in the upper heater, resulting in fainting and eventual death!

BL 24: QIHAISHU (Sea of QI Hollow)
1.5cun lateral to the lower border of the spinous process of the 3rd lumbar vertebra. In the lumbodorsal fascia, between the longissimus and iliocostalis muscles.
The immediate damage of this strike is that the power in the legs goes, as well as power in the back. So the recipient falls down. This point does have a more sinister damage however. I have known a number of people who have been struck in this area as a result of sports injuries etc. The long term result is always the same. The lower heating space, that which is below the waistline, begins to grow! Until the person is extremely overweight and having problems

with heart disease as a result. The healing aspects of this point are the exact opposite, we treat BL 24 to alleviate obesity.

BL 25: DACHANGSHU (Large Intestine=s Hollow)
1.5cun lateral to the lower border of the spinous process of the 4th lumbar vertebra. In the lumbodorsal fascia, between the longissimus and iliocostalis muscles.
This is the Shu point of the colon and as such great colon damage can occur. Immediately nausea is felt, so much so that the recipient cannot carry on. Great local pain is also felt at this point thus draining Qi from the lower heater. At a later time, if this condition is not fixed, the person will go into stagnation and then into decay through the action of the colon not being able to get rid of bad Qi. It is the job of the colon not only to get rid of physical waste, but also internal Qi waste.

BL 26: GUANYUANSHU (Hinge at the Source)
1.5cun lateral to the lower border of the spinous process of the 5th lumbar vertebra. In the sacrospinalis muscle.
This point is the ›Shu of the door of vital essence=. This is called the ›life force= point because of its action upon the ›Chong Mei= one of the eight extra meridians. The immediate effect is lower body damage particularly to the leg on that side. An energy drainage will occur thus causing nausea. In the long term however, it is a bit more dangerous as this strike will affect the whole Qi system, in particular the life force system. The Qi flow in the Chong Mei will be damaged and slowly be blocked so that the Qi will have to find another route. Later in life, illness will start to creep in, more hospital and operations etc.

BL 27: XIAOCHANGSHU (Small Intestine's Hollow)
At the level of the 1st posterior sacral foramen, 1.5cun lateral to the GV MO. Between the origins of the sacrospinalis and gluteus maximus muscle.
The damage here is immediate. Nausea and even vomiting will occur with a medium to hard strike. Structural damage will also occur as a purely physical level. On the immediate and long term, fire will rage in the heart causing many ailments at a physical and emotional level.

BL 28: PANGGUANGSHU (Bladder's Hollow)

At the level of the 2nd posterior sacral foramen, 1.5cun lateral to the GV MO, in the depression between the medial border of the posterior superior iliac spine and the sacrum. The point is between the origins of the sacrospinalis and gluteus maximus muscles.
Apart from causing Qi drainage and certain knock out with a hard strike, this point is directly related to the bladder. At a deeper level, this strike will disrupt the body-s mechanism for maintaining homeostasis. The bladder is directly affected and its job of eliminating waste fluids is blocked, along with its function of eliminating perverse energy such as excess heat, damp or cold. This will prolong colds and flu etc.

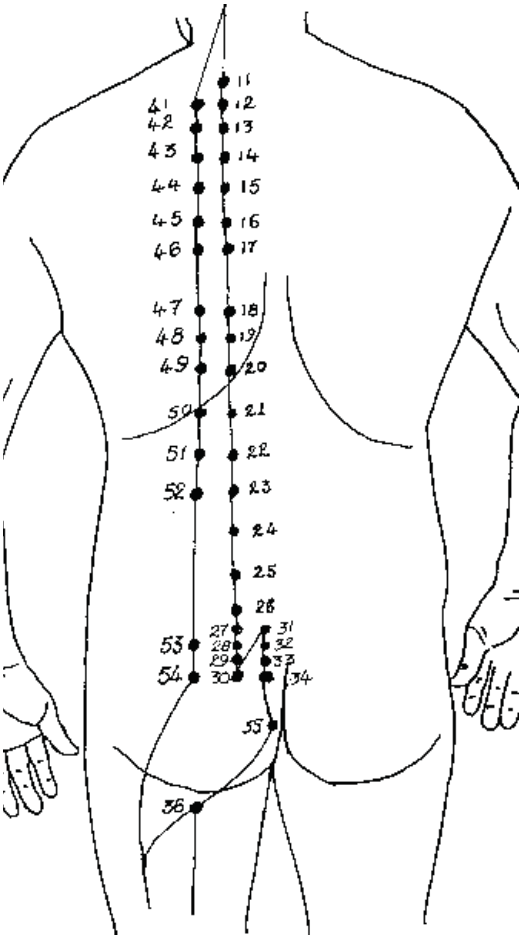
BL 29: ZHONGLUSHU (Mid Spine Hollow)
At the level of the 3rd posterior sacral foramen, 1.5cun lateral to the GV MO, between the origins of the sacrospinalis and gluteus maximum muscles.
The sacrum is the large flat bone just above the coccyx. It has great physical importance as well as spiritual importance. A strike here straight in will cause the structure of the whole body to be affected adversely. The legs will not work correctly and will cause the recipient of a hard strike to have to sit down in great pain. However, in order to maintain a normally balanced system Qi wise and physical wise, we must have the Qi ›raising up the back-. This is mentioned in all of the "taijiquan classic sayings". When BL 29 is struck it damages this function and the Qi will not raise up the back, so the recipient will feel very tired and out of energy especially after midday.
BL 30: BAIHUANSHU (White Circle's Hollow)
At the level of the fourth sacral foramen, 1.5cun lateral to the GV MO. In the gluteus maximus muscle and the inferior, medial margin of the sacrotuberous ligament.
The physical damage to the coccyx is obvious with this strike. However, again we have the spiritual damage caused to the whole body as we interrupt the flow of energy up the back. The dislocated or broken coccyx will cause the fight to be over.

BL 31: SHANGLIAO (Upper Hole)
The Points, BL 31 To BL 34 are collectively called BALIAO meaning, "Eight Seams".
In the 1st sacral foramen, roughly midway between the posterior superior iliac spine and the GV MO. In the sacrospinalis and the origin of the gluteus maximus muscle.

This point is closer to the spine than BL 27 so it will cause considerable spine damage with a hard strike. As it is above the sacrum, it will also cause spiritual damage.

BL 32: CILIAO (Second Bone) (Part of BALIAO)
In the 2nd posterior sacral foramen, about mid way between the lower border of the posterior superior iliac spike and the GV MO. In the sacrospinalis and the origin of the gluteus maximus muscle.
This point is an interesting one. It will cause the legs to give way in the immediate term, then the whole body will become weakened through a lack of Qi. It will also cause paralysis of the muscles almost immediately with a hard strike. This point is also one of those that affect the communication with the "shen".

BL 33: ZHONGLIAO (Middle Hole, Part of BALIAO)
In the 3rd posterior sacral foramen, between BL 29 and the GV MO. In the sacrospinalis and the origin of the gluteus maximus muscle.
The physical damage is much the same as for BL 29, however, more spinal damage will occur as it is closer to the spine, especially if the strike is aimed at a slight angle towards the backbone. The lower heater is damaged at a Qi level thus causing the elimination organs to malfunction.



BL 34: XIALIAO (Lower Hole) (part of BALIAO)
In the 4th posterior sacral foramen, between BL 30 and the GV MO. In the sacrospinalis and the origin of the gluteus maximus muscle.
The damage here is the same as for BL 33.

BL 35: HUIYANG (Meeting of Yang)
0.5cun lateral to the Lip of the coccyx.
Obvious coccyx damage which will also cause elimination problems. Knock out caused by the pain and Qi drainage of having the coccyx broken. This point will also affect the "Upper Heavenly Flow" of Qi, so the ›spiritual side‹ of the recipient will be damaged later in life.

BL 36: CHENGFU (Receive Support)
In the middle of the transverse gluteal fold below the buttock. At the inferior margin of the gluteus maximus muscle.
This point has the capacity to send huge amounts of yang energy up and into the head when struck with a smaller weapon, thus causing nausea and can cause a KO is struck hard enough. It is not a point that is often used as it is difficult to get to and requires a great amount of pressure.

BL 37: YINMEN (Door of Abundance)
6cun below BL 36, on the line joining BL 36 to BL 40, in the semitendinous muscle.
There is not too much great damage done here other than local damage to the leg. Some people say that this strike can cause paralysis to the leg, however, I have not experienced this.

BL 38: FUXI (Floating Xi)
1 cun above BL 39, on the medial side of the tendon of biceps femoris. The point is located with the knee slightly flexed.
This point presents considerable damage locally as well as internally. A strike here will cause great knee and leg damage as well as problems with the elimination organs in the form of gastric problems. I have heard of one chap who was kicked right on BL 38 and immediately went to the toilet! Apart from the BL 38 strike, you will probably also strike to KD 10 which will cause even greater problems.

BL 39: WEIYANG (Commanding Yang)
When the patient is prone, this Point can be found 1 cun lateral to BL 40, on the medial border of the tendon of biceps femoris in the popliteal fossa.
This point is closer to the back of the knee and acts up on the bladder causing the recipient to urinate on the spot! It will cause damage to the bladder which will need attention, otherwise it will get worse as the person gets older. Knee damage is obvious. Kidney damage will also occur as a result of four points being struck with this strike. BL 38 and 39, BL 40 and KD 10. Warning! This combination of points can cause death through kidney failure.

BL 40: WEIZHONG (Commanding Middle)
Midpoint of the transverse crease of the popliteal fossa, in the fascia of the popliteal fossa between the tendons of biceps femoris and semitendinous. Locate the POINT in the prone position with the knee flexed.
This point is the earth point and also a ›He‹ point, (gathering together). A strike here will cause spasm in the tendons of the whole body if struck hard enough, or local spasm if light. At some later stage, nervous disorders will become apparent. Excessive yang energy will also cause heating problems within the body. A knock out has been known to occur when this point is struck. It is not a point to play around with just to see what happens! An immediate rush of energy to the head is felt and blackout could occur.

BL 41: FUFEN (Appended Part)
3cun lateral to the lower border of the spinous process of the 2nd thoracic vertebra. This is about 4 finger breadths (of patient) lateral to the mid-line of the spine.
This point is opposite BL 12, so you could easily strike both BL 12 and BL 41. This point, along with BL 42 and 43, is right over what is known as the "Power Band". This is the area of the back which when struck, damages the structure of the whole upper body. A strike here will seriously drain Qi from the body causing the recipient to fall down. Great local pain is also felt as this is an ›electrical point‹.

BL 42: POHU (Soul's Household)
3cun lateral to the lower border of the spinous process of the 3rd thoracic vertebra.
This point does the same damage as BL 41. However, more lung damage is done, thus draining more Qi from the upper body. This point is also closer to where the heart lies under, so a sudden strike will also send a shock wave into the heart thus causing it to stop either momentarily or forever!

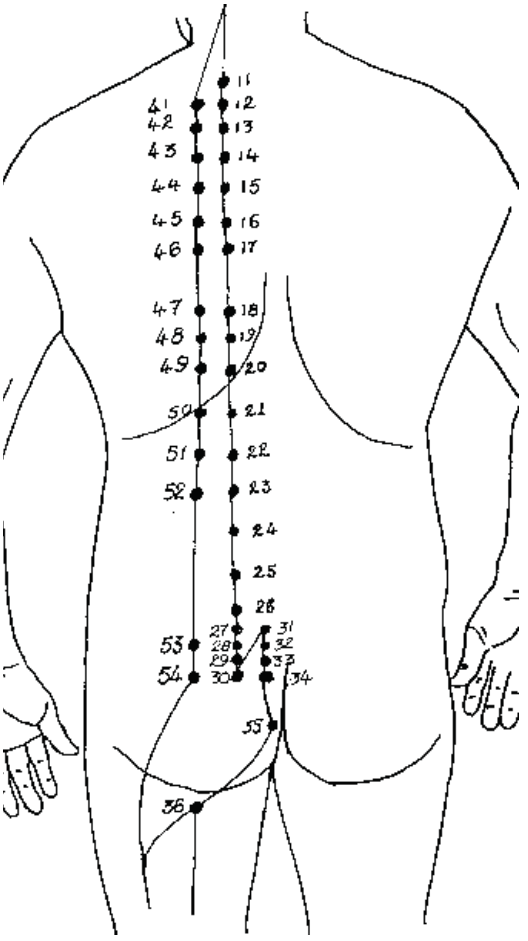
BL 43: GAOHUANGSHU (Vital's Hollow)
3cun lateral to the lower border of the spinous process of the 4th thoracic vertebra. At the end of the medial border of the spine of the scapula, in the trapezium and rhomboid muscles, in the deep position the iliocostalis muscle.

This is the shu point of the ›vital centre‹. (That area just below the heart). A strike here will cause great weakness because it also affects the Lung Qi, draining it. The whole Qi system is slowed down, ie., the production of Qi is slowed, thus causing the great weakness. The recipient will fall down from instant weakness.

BL 44: SHENTANG (Spirit's Hall)
3cun lateral to the lower border of the spinous process of the 5th thoracic vertebra.
This point is also a weakening point. A strong strike will cause the recipient to fall down. It works on the lungs shocking them.
As with many of the BL points, this one has a dire effect upon the spirit, disconnecting the human with the God. It is most difficult to get someone who has been struck here, back to a normal loving human being again. Many criminals have been ›made‹ by a strike to this point early in life.

BL 45: YIXI (Surprise)
3cun lateral to the spinous process of the 6th thoracic vertebra.
Again, this is a weakening point and if used in conjunction with LU 5 or LU 8 and HT 5 will cause great weakness from Qi drainage.

BL 46: GEGUAN (Diaphragm's Hinge)
3cun lateral to the lower border of the 7th thoracic vertebra, approximately at the level of the inferior angle of the scapula.
Great damage is done to the structure of the upper body causing him not to continue the fight. This strike will also affect the heart and lungs bringing great Qi drainage. Physically, you can also damage the muscular system around this area causing chronic instant spasm, causing him to drop quickly. The Qi drainage is also caused because the diaphragm is attacked and the diaphragm is the ›seat of power‹.



BL 47: HUNMEN (Soul's Door)
3cun lateral to lower border of the spinous process of the 9th thoracic vertebra. Great lung damage is done here. The affect will be immediate in that he falls down. However, there are long lasting affects with this strike so be WARNED! The recipient could have long lasting lung deficiency later into life. Things like asthma, chronic bronchitis could occur etc. And severe emotional problems will also be inherent with this strike.
This point, again has a dire affect on the ›spirit‹ or soul of the recipient. It will also cause long lasting emotional and social behavioural problems because of a lack of spirit. It is said of this point, that the spirit is locked out and cannot

return. So when the ›spirit‹ easily roams while the human body sleeps, it cannot get back in when the human body awakens after a strike to BL 47.

BL 48: YANGGANG (Yang's Parameter)
3cun lateral to the lower border of the spinous process of the 10th thoracic vertebra.
Obstruction of the ›yang‹ Qi is the effect of a strike here, causing the recipient to fall down and have long lasting emotional problems, usually seen in the form of being totally withdrawn. The immediate effect is that the lungs are damaged and he cannot breathe!

BL 49: YISHE (Will's Residence)
3cun lateral to the lower border of the spinous process of the 11th thoracic vertebra.
This strike has the same affect as BL 48 affecting the lungs. It also has an immediate affect upon the mind, causing the mind to become confused and not be able to carry through with ideas that pop up. So, in a martial sense, he might think to strike you, but is unable to formulate the necessary body movements to do so.

BL 50: WEICANG (Stomach‹s Storehouse)
3cun lateral to the lower border of the spinous process of the 12th thoracic vertebra.
This point attacks the stomach physically and Qi wise. Immediately, the recipient feels a ›swelling‹ in the head caused by Yang energy rushing upwards. Local pain which will go away only to return some minutes later as extreme pain across the lower back. This strike affects the ›earth‹ and so he loses his grounding and will easily be knocked over.

BL 51: HUANGMEN (Vitals' Door)
3cun lateral to the lower border of the spinous process of the 1st lumbar vertebra.
A little lower than BL 50, this point attacks what is called the ›vital centres‹. If it is used in conjunction with BL 22 will stop the heart.

BL 52: ZHISHI (Will's Dwelling)

3cun lateral to the lower border of the spinous process of the 2nd lumbar vertebra. In the latissimus dosi and iliocostalis muscles.
This strike is an interesting one as it has physical damage as well as spiritual damage. The physical damage is also interesting. When his right BL 52 is struck, it will cause his left leg to be instantly weakened. Even a light to medium strike here will cause the leg to falter for a moment enabling you to get in quickly for a more devastating shot. When his left BL 52 is struck it will damage his right leg. This is also the point for damaging the will. Where St 12 is the point for damaging his will to fight, this point damages the will to do anything.

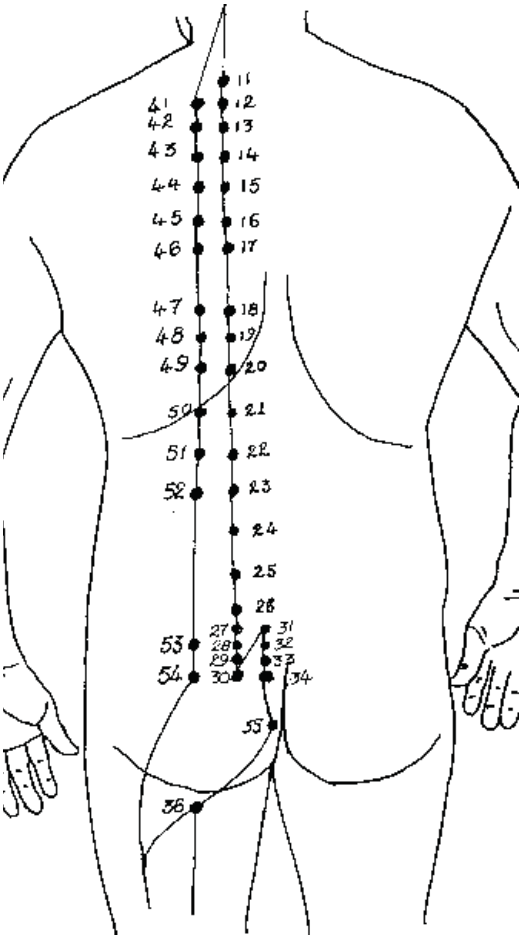
BL 53: BAOHUANG (Placenta and Vitals)
3cun lateral to the lower border of the spinous process of the 2nd sacral vertebra, level with BL 32.
This point does much the same damage as BL 28.

BL 54: ZHIBIAN (Order's Edge)
Directly below BL 53, 3cun lateral to the spinous process of the 4th sacral vertebra. In the gluteus maximus muscle and the inferior margin of the piriformis muscle
If you are able to strike to BL 54, 30 & 34, there will be a great Qi drainage causing the recipient to fall down. This is a three point strike to caution should be taken and this method should not be played around with!

BL 55: HEYANG (Confluence of Yang)
2cun directly below BL 40, between the medial and lateral heads of the gastrocnemius, on the line that joins BL 40, to BL 57.
This is one of those points that doesn't look like it would do much damage. However, the damage is great. It can cause in the immediate, leg damage from muscle spasm in the whole lower leg. It will also cause a yang energy surge to the brain thus causing black out.

BL 56: CHENGJIN (Support Sinews)
In the centre of the belly of the gastrocnemius, midway between BL 55 and BL 57.
The gastrocnemius muscle consists of a lateral head, a medial head, and their single tendon of insertion. Each head is a thick muscular column, separated from the other by the back of the knee. As they descend, they come together.

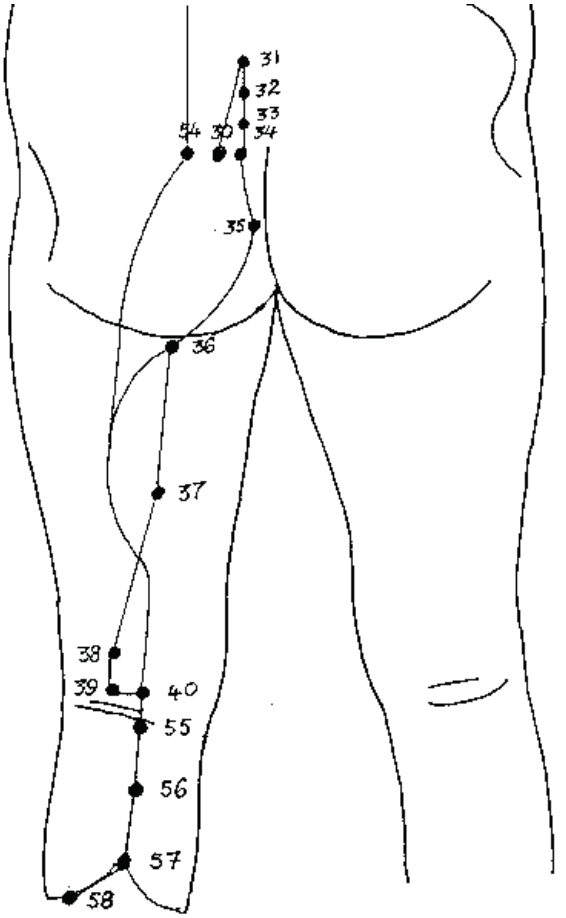
The medial head is larger and wraps around the leg more towards the front than does the lateral head. The muscular heads end at or slightly above the middle of the leg, where they attach to their tendon. The tendon descends and fuses with the tendon of the soleus, which lies just beneath it, forming the Achilles tendon. The gastrocnemius muscle raises the heel, which lifts the body. It also assists, though minimally, in flexing the knee joint.
As with all of the points on the calf, this point creates a shock to the whole system, thus making it good for getting out of holds as in a grappling situation etc. It can be struck with a toe kick straight in to cause great leg damage especially to the muscles of the lower leg.



BL 57: CHENGSHAN (Support Mountain)

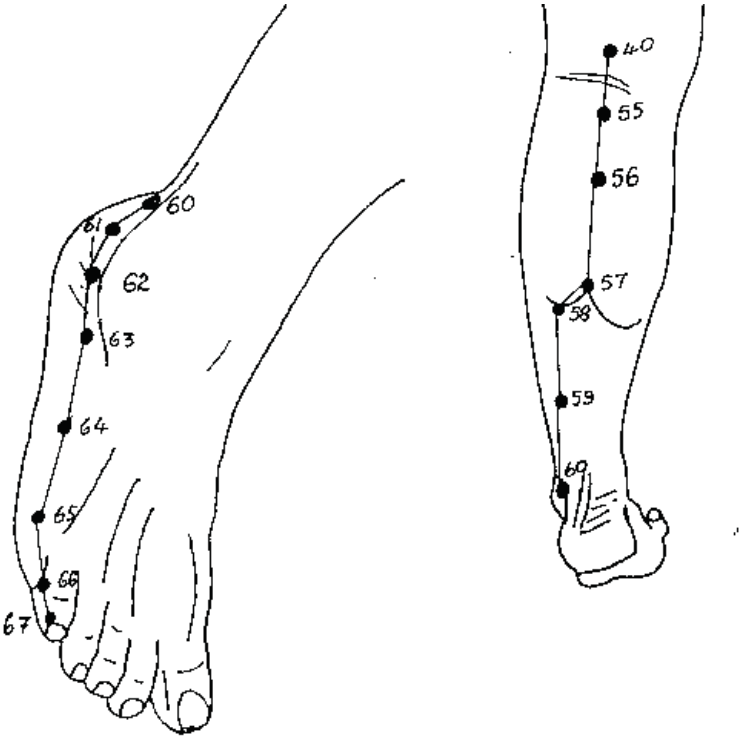
If patient lies prone, this point can be found by stretching the foot as if standing on tip-toe. This reveals a triangular shaped hollow in the middle of the calf, about midway between the Point BL 40 and the heel. The point is at the top of this triangle, at the lower border of the separation of the 2 bellies of the gastrocnemius muscle.

This point when struck causes the whole leg to give way under the pressure of the body. It is a great point for when in a grappling situation causing immediate pain with an ›unknown factor‹. Ie., the brain senses that something bad is happening but cannot quite work out what. So mixed signals go to the brain causing the recipient to have to let go etc. A good kick here will cause great lower leg damage and the loss of that leg in the immediate. It can also cause anus problems later in life, causing the anus sphincter to become weakened.



BL 58: FEIYANG (Soaring Flying High)
7cun directly above BL 60, on the posterior border of the fibula, approximately l cun inferior and lateral to BL 57. In the gastrocnemius and soleus muscles. This point is known as ›the shock point‹ in dim-mak terms. A quick violent grab or strike here and the recipient is shocked for a few moments while you have time to attack elsewhere. Great for grappling or for striking. You must however, be fairly accurate. The leg will not work after a strike here. The whole balance of yin and yang Qi is upset with this strike, it can even cause insanity, temporary or permanent when struck hard enough.

BL 59: FUYANG (Tarsal Yang)
3cun directly above BL 60, on the lateral aspect of the gastrocnemius muscle. This is an accumulation point (Xie Cleft). It has an affect upon the head and will cause headaches, eye damage and a fullness of the head causing black out if struck hard, apart from immediate physical damage to the lower leg causing the fight to be finished.



BL 60: KUNLUN (Kunlun Mountains)
In the depression midway between the lateral malleolus and the Achilles tendon, in the peroneus brevis muscle.
This point is interesting as it has an effect upon the ›power band between the shoulder blades. A strike here will cause nervous disorders and an immediate weakening of the upper body. The arms just don=t do what you want them to do. This is a ›fire and jing= point so traditionally it will help balance out fire and water in the body. However, when struck using negative Qi, this point will

cause an imbalance in the whole body. Extreme local pain followed by an energy drainage causing the recipient not to be able to carry on with the fight.

BL 61: PUSHEN (Serve and Consult)
Posterior and inferior Lo the external malleus, directly below BL 60, in the depression of the calcaneum at the junction of the red and white skin.
The point is also an energy drainage point and will cause great local pain as well as Qi drainage causing him to sit down.

BL 62: SHENMAI (Extending/Expressing Vessel)
In the depression at the inferior margin of the lateral malleous of the ankle.
All of the foot points are very painful and as such drain Qi, but none so much as this one. This is also one of those bladder points that act upon the ›shen‹ or spirit. So a strike by way of a stomp or kick will affect the way the recipient communicates with his spirit. It will cause tendon and nerve damage. It may even cause mental illness and ›sleep/wakening‹ disorders. This is the ›master point‹ for the extra channel ›Yang Qiao Mai‹ which is the channel that accelerates the yang energy. This channel will be affected adversely causing great anger, red face etc., through too much yang Qi getting to the head. This is what will cause the mental disorders etc.

BL 63: JINMEN (Golden Door)
Anterior and inferior to BL 62, in the depression lateral to the cuboid bone.
This is another xie cleft point (accumulation point). A strike here will cause mental illness, not as great as for BL 62 though. It is not a good point for self defence as it has to be fairly accurate and doesn‹t cause that much local pain relatively speaking. It also has an affect upon the ›wei Qi‹ which protects the body from pathogenic attack etc.

BL 64: JINGGU (Capital Bone)
On the lateral side of the dorsum of the foot, below the tuberosity of the 5th metatarsal bone, at the junction of the red and white skin, at the inferior margin of the lateral abductor digiti minimi pedis.
This is a ›yuan‹ or ancestral or source point. It is normally used to calm the shen, but when attacked with negative Qi, will again affect the way the recipient communicates with the spirit. It will cause the recipient to feel quite weak from kidney damage.

BL 65: SHUGU (Restraining Bone)
On the lateral side of the dorsum of the foot, posterior and inferior to the head of the 5thmetatasal bone, at the junction of the red and white skin.
This is a wood and Shu point. A strike here will cause mental confusion, blurred vision, and in the end continuous headaches. The eyes will slowly become worse. Will also have an adverse affect upon the wei Qi.

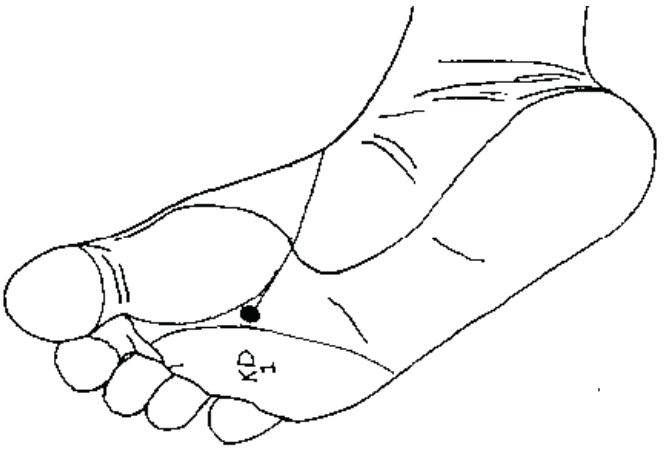
BL 66: ZUTONGGU (Connecting Valley of the Foot)
In the depression anterior and inferior to the 5th metatarsal phalangeal joint.
This is a water and yong point. (Spring or stream point). It will also cause blurred vision and headaches later. So it is a good set up point.

BL 67: ZHIYIN (End of Yin)
On the lateral side of the little toe, about 0.l cun posterior to the lateral corner of the toenail.
This is a metal and cheng point and the root point of ›tai yang‹ and extra meridian. It will have an adverse affect upon the muscles and tendons in the whole body and causes mind confusion as well as blurred vision. This point, if struck on a pregnant woman will have an adverse affect upon the foetus. It will have an adverse affect upon the kidneys causing weakness in the whole body.
This is the last of the Bladder points. As you can see, the bladder points affect the shen greatly. Be careful with these points as the Bladder points more so than other points can cause long lasting physical, mental and spiritual damage.

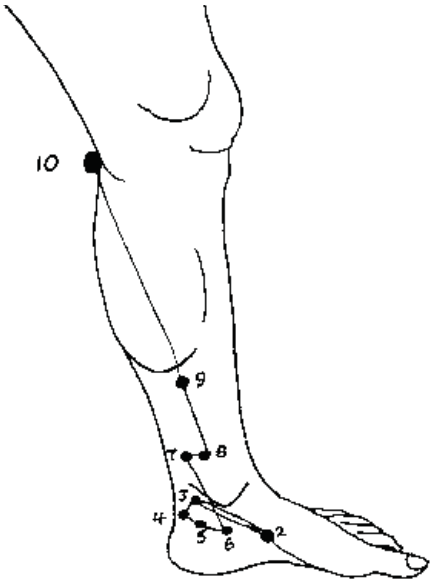
The Kidney Meridian

KD 1: YONGQUAN (Gushing Spring)
In the depression appearing on the sole of the foot when the foot is in plantar flexion, approximately at the junction of the anterior and middle third when the sole is divided into thirds from the base of the 2nd toe to the heel. The point is between the 2nd and 3rd metatarsal bones in the aponeurosis of the sole, medial to the point are the tendons of the flexor digitorum pedis, longus & brevis, and the 2nd lubricalis pedis muscle. In it's deep position it lies in the interossei plantares muscle.
As I have never been taught that KD 1 is a dim-mak point, I will not cover any damage that a strike here might cause. However, as an emergency point its powers are great. It releases stored Qi to the body, thus causing a kind of kick start. If for instance a person has received a strike or has been

involved in a motor accident and is dead and CPR is not working, it is probably because the trauma to the system has been so great that the body-s Qi has been drained leaving none to start the heart and respiratory functions. KD 1 is like having an extra battery in your car when the main one has failed. You can get at this stored Qi by applying a very hard one knuckle punch to KD 1 or by sticking something sharp into the point causing it to bleed. Then go back and try the CPR There have been instances where this method has worked in starting the heart, only to have the patient die later because the trauma was just too great. One of my students, a surgeon, has even used this method in surgery where all efforts had failed to revive a patient, he rushed around to the patient-s foot and stuck his scalpel up into KD 1 starting the heart! He was written up in medical journals for this.



KD 2: RANGU (Burning Valley)
Anterior and inferior to the medial malleolus, in the depression on the lower border of the tuberosity of the navicular bone, anterior and inferior to joint of the navicular, in the abductor halluces muscle.
This is a fire and yong point. (Spring or stream point). All yong points cause great damage to the rest of the body. Apart from local pain, a strike here could cause instant diarrhoea, so make sure you are in front of the recipient! Being the fire point of the water channel it usually creates a balance in yin and yang in the system. However, a strike using adverse Qi, will cause the reciprocal effect causing confusion and adverse energy states which will cause disease to enter the body. It will weaken Kidney Yang which will cause the whole system to become weak.



KD 3: TAIXI (Great Creek / Bigger Stream)
In the depression between the medial malleolus and the tendo calcaneus, level with the tip of the medial malleolus.
Extreme local pain resulting in Qi drainage and black out in the immediate using a hard strike. A hard strike here along with one, again to KD 10 will cause the legs in particular to become weak. It will weaken Kidney jing and thus weaken the whole body also in the long term causing disease later in life. This strike will also damage the kidney-s function of capturing Qi and storing it for emergency use. This is one of the most frequently used healing kidney points.

KD 4: DAZHONG (Big Goblet)
Posterior and inferior to the medial malleolus. in the depression medial to the attachment of the tendo-calcaneus.
This point when struck will impede the flow of Yang Qi throughout the system thus causing great weakness instantly. It creates a feeling of fullness in the head to the point of exploding.

KD 5: SHUIQUAN (Spring)
1 cun directly below KD 3, in the depression anterior and superior to the medial side of the tuberosity of the calcaneum.
This is a xie cleft point and as such in the healing area will clear blockages by inserting a great amount of Qi into the system. However, when struck using adverse Qi, this point will cause instant Qi drainage, thus causing the recipient to fall down. Local pain is great with this strike.

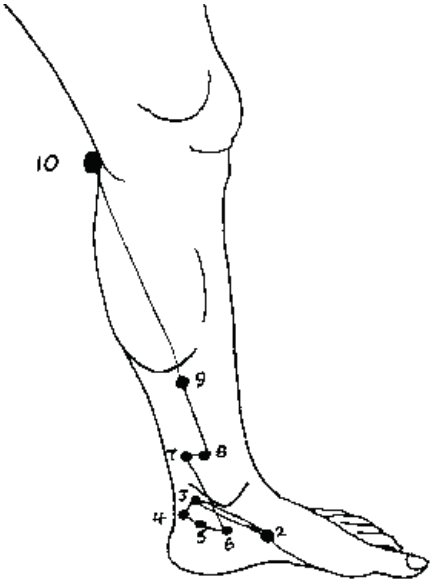
KD 6: ZHAOHAI (Shining Sea)
1 cun below the medial malleolus of the ankle, at the insertion of the abductor hallucis muscle.
This is a particularly painful strike causing immediate Qi drainage. This strike will cause mind confusion immediately. It is the ›master‹ point of the Yin Qiao Mai, and is the coupled point of the Ren Mai (Conceptor Vessel). However, the strike must be right on the point. It will also cause mental illness later in life especially if used with its set up point!

KD 7: FULIU (Returning Column / Current)
2cun directly above KD 3, on the anterior border of the tendo calcaneus, posterior to the tibia. at the inferior part of the soleus muscle and in the medial part of the calcaneus .
This is a metal and jing point. This point when struck will damage the kidneys through damaging the kidney jing. The recipient will feel an immediate rising of heat into the head which can cause knock out or extreme nausea from damaged kidneys. This is one of those points that can cause damage later in life. This point will also have an affect upon the lungs and will drain energy from the body.

KD 8: JIAOXIN (Crossing Letters)
2 cun above KD 3. 0.5cun anterior to KD 7, posterior to the medial border of the tibia.
This is another kidney point that will cause mental problems as well as sleeping problems. I have personally known of three people who have been struck at KD 8 during kick boxing matches and have not been able to sleep for days afterwards. Combine this with KD 7, (hard not to) and you have a most devastating strike. In the immediate, it will cause brain confusion.

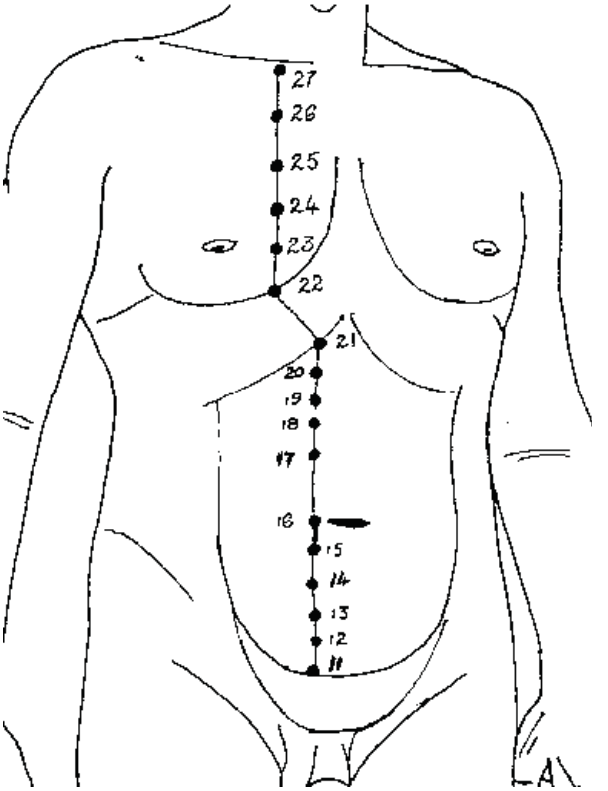
KD 9: ZHUBIN (House Guest)
On a line drawn between KD 3 and KD 10, this point is located about 5cun above KD 3, at the lower end of the belly of the gastrocnemius around 2cun

posterior to the medial margin of the tibia. Where the gastrocnemius forms the calcaneus tendon, under the soleus muscle.
This is a xie cleft point (accumulation point) so the Qi damage is great. It will cause immense pain in the immediate and will cause mind problems in the end. The kidneys will be damaged and when struck hard enough will cause knock out. Especially if used with its associated set up point.



KD 10: YINGU (Yin's Valley)
On the medial side of the popliteal fossa, level with BL 40, between the tendons of semitendinosus and semimembranosus when the knee is flexed.
A water and ›he‹ point. This point is a very dangerous point. It can cause kidney failure immediately and also a slow decay of the kidneys. It will cause the ›seat of power‹ to be attacked via its connection to CV 17, thus causing an immediate knock out or weakening of the body. Can also cause impotence immediately or later. Can be used with other kidney or bladder points to do great damage to the Kidneys. It can also affect the heart as well as the "Dai Mai" meridian thus causing communication between ›upper and lower‹ to be damaged. So this point is not one to be played round with!

KD 11: HENGGU (Horizontal Bone)
5cun below the umbilicus, on the superior border of the symphysis pubis, 0.5cun lateral to CV 2.
This is the first of the Kidney points to connect to "chong Mai" or the life force meridian. It also connects to CV meridian and has an affect upon lower heater. The kidneys are obviously affected from this strike causing immediate local pain and knock out. A strike to this area is sometimes worse than a strike directly to the groin. Kidney damage at a later time also.



KD 12: DAHE (Great Clarity)
4cun below he umbilicus, 0.5cun lateral to CV 3. Innervation: The branches of the subcostal nerve and the iliohypogastric nerve.
This point has an affect on the emotions and mind. The immediate affect is mind confusion caused by the emotions being confused. This is a good

time to make a follow up strike! Qi drainage at a high level is also felt at this point and knock out will occur when a hard strike is taken. The emotional disorders caused by this strike will also show up physically, like extremely tense lower body, with sexual problems etc.

KD 13: QIXUE (Qi's Orifice)

3cun below the umbilicus, 0.5cun lateral to CV 4. Innervation: The subcostal nerve.

This point, apart from being very dangerous physically as it is in an area where there is little physical protection, also has an affect upon the life force meridian and upon the total energy of the body. Qi is drained greatly at this point, so an immediate knock down. And long term lack of energy etc. A strong strike will cause knock out or even death.

KD 14: SIMAN (Four Full)

2cun below the umbilicus, 0.5cun lateral to CV 5. Innervation: The 11th intercostal nerve.

The instant you are struck here, you will feel a shot of pain go straight over to the centre line. This is the tantien being attacked via the "Chong Mai" meridian. If the strike is very hard, death will occur in about four minutes after a knock out immediately.

KD 15: ZHONGZHU (Middle Flow)

1 cun below the umbilicus, 0.5cun lateral to CV 7. Innervation: The 10 intercostal nerve. Irrigation is the same as for KD 12.

Again, we see this point affecting the life force meridian or Chong Mai. The strike will begin at KD 15 but shoot straight across to Chong Mai. This strike has less of an affect upon tantien as it is higher up and more protected by muscle. However, a good hard strike will cause a rising of Qi to the whole neck area causing the recipient to feel like he has been choked!

KD 16: HUANGSHU (Vital's Hollow)

0.5cun lateral to the centre of the umbilicus. Innervation: The 10th intercostal nerve and irrigation is the same as for KD 12.

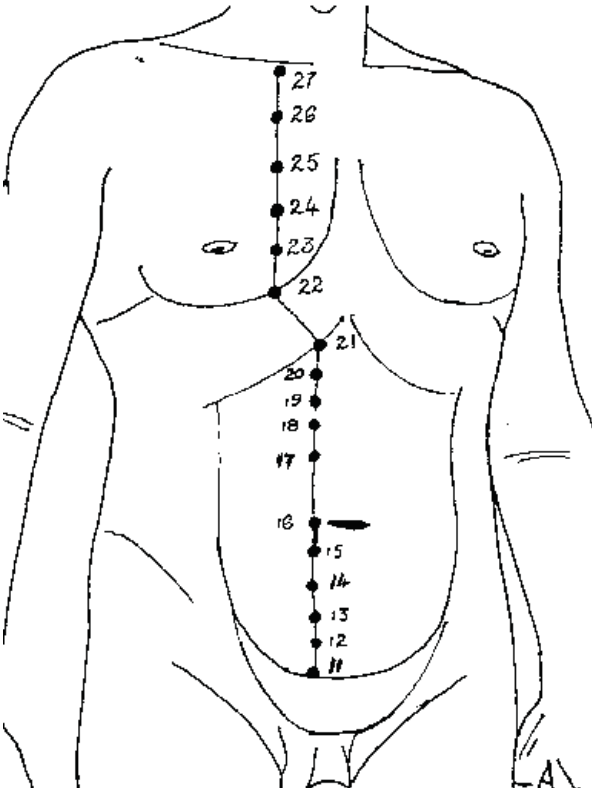
This point is a shokanten point of Shao Yin. So normally it will balance the fire and water of the system, (Yang & Yin). So when it is struck, apart from the damage to the Chong Mai, it will also have a psychological affect with alternate joy and fear. Will also cause extreme fatigue through the brain thinking that a Qi drainage has occurred.

KD 17: SHANGQU (Trade's Bend)

Location: 2cun above the umbilicus, 0.5cun lateral to CV 10. Innervation: The 9th intercostal nerve and Irrigated by the branches of the superior and inferior epigastric arteries and veins.
Immediate knock down from Qi drainage and air cavity. Ie., there are two types of choke knock outs. Air cavity strike where the person is deprived of air. Blood Cavity strike, there the person is deprived of blood to the brain causing a knock. This strike shocks the whole of the stomach area from the tantien right up the neck. Hard enough will cause death. It is possible however, using "iron shirt" qigong to build up this area to resist attacks. Not just a muscular build up as in ›rippling abs‹, but a sinewy build up causing a sort of ›barrel‹ of protection around the whole stomach area.

KD 18: SHIGUAN (Stone Hinge)
3cun above the umbilicus, 0-5cun lateral to GV 11.
Again, this point is connected to the chong mai or life force meridian, so a strike here will cause knock out through the Qi drainage from the seat of power, the diaphragm. It also causes an increase of yang Qi to the head which will also cause a knock out from the opposite reason.

KD 19: YINDU (Yin's Metropolis)
4cun above the umbilicus, 0-5cun lateral to CV 12.
As we get closer to the area of the solar plexus or CV 14, the damage gets greater. So this point‹s damage is verging on the very dangerous. A strike here shocks the whole upper body causing a knock out from Qi drainage and air knock out. The diaphragm is attacked so the loss of power is great and the fight has finished. A strong strike here will cause death!



KD 20: FUTONGGU (Connecting Valley on the Abdomen)
Location: 5cun above the umbilicus, 0.5cun lateral to CV 13.
The same as for KD 19. Could be more damage as it is closer to CV 14 and the solar plexus.

KD 21: YOUMEN (Secluded Door / Pylorus)
6cun above the umbilicus, 0.5cun lateral to CV 14.
This is an extremely dangerous point as it combines the shock to the life force meridian (Chong Mai) as well as crossing over to CV 14 which in itself is a very dangerous point strike. Instant heart stoppage especially if struck between 11 am and 1 p.m. Will cause death.

KD 22: BULANG (Stepping Corridor)
In the 5th intercostal space, 2cun lateral to the CV MO, approximately level to CV 16.

Again, this point is dangerous but not as much as KD 21. It will cause the heart to stop from being shocked.

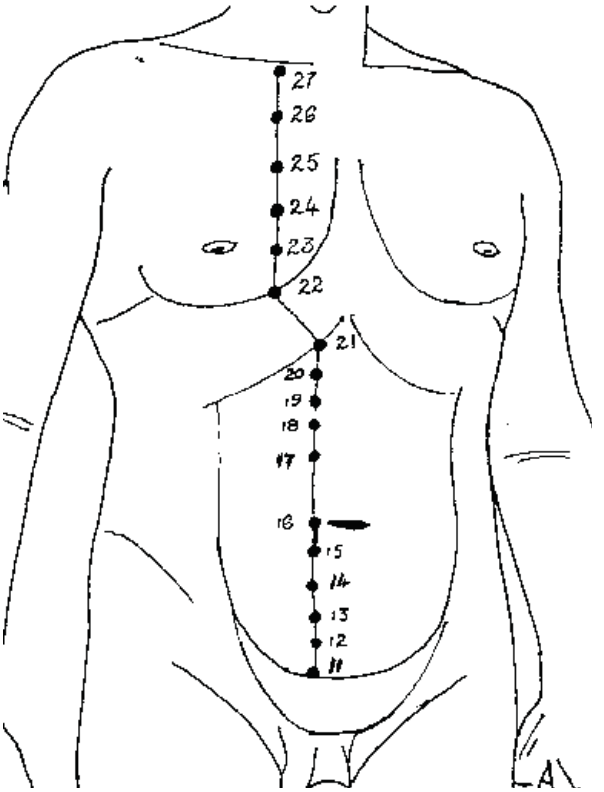
KD 23: SHENFENG (Spirit's Seal)
In the 4th intercostal space, 2cun lateral to CV 17.
This is one of those ›spiritual points‹ that will damage the recipient‹s communication with his shen or spirit. It will also stop the heart and send a shock wave right into the upper chest area causing him not to be able to carry on with the fight.

KD 24: LINGXU (Spirit's Ruins)
In the 3rd intercostal space, 2cun lateral to CV 18.
This is again one of those spiritual points, that will affect the communication between "God" and man. It will also stop the heart beating as a side affect!

KD 25: SHENCANG (Spirit's Storage)
In the 2nd intercostal space, 2cun lateral to CV 19.
This point will affect also the lungs causing the feeling of immense grief and fear to become instantly apparent. So this point will also work well as a set up point. The spirit is also affected. So at some later time, the communication between "God" and Man, will widen making for emotional disorders. The Qi will be scattered with no direction. Weakness due to the affect upon the lungs will be immediately apparent.

KD 26: YUZHONG (Amid Elegance)
In the first intercostal space, 2 cun lateral to CV 20.
This point will also affect the lung Qi and cause Immediate Qi drainage. Enough pressure and you will afford a KO. The recipient feels immediately tired, so much so that he must sit down.

KD 27: SHUFU (Hollow Residence)
In the depression at the lower border of the clavicle, 2cun lateral to CV 21.
Great damage is done with this strike along with Qi drainage and severe local pain. Knock out will occur with a hard strike. An imbalance between left and right sides of the body will slowly begin to happen and if left untreated will cause mental instability in later life along with physical imbalance.

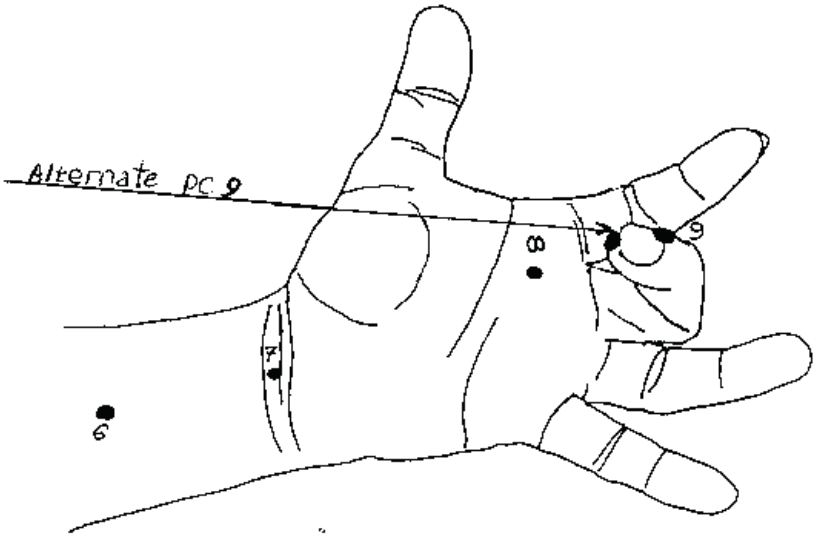


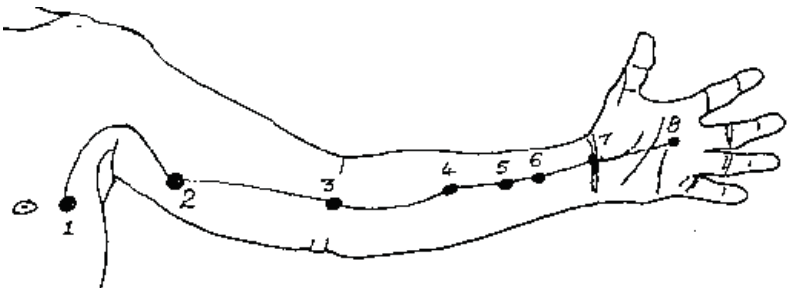
This brings us to the end of the Kidney Meridian. The kidneys are one of the most sensitive organs in one=s body and also some of the most deadly points lie along this meridian. Most of the points however, require a degree of accuracy in order to gain the affects mentioned in this chapter.

The Pericardium Meridian

PC 1: TIANCHI (Heaven's Pool)
1 cun lateral to the nipple, in the 4th intercostal space.
Tian means heaven, Chi means pool, the Pt is lateral to the breast and the milk secreted from the breast is like nectar from a heavenly pool.
PC 1 is one of those points that will affect the heart no matter if it struck on left or right side. It will also have an affect upon the lungs causing coughing and an itchy feeling in the neck. It will drain Qi from the heart and lungs thus causing great damage to the whole system. It is a >mu= point of the pericardium meaning that it is an alarm point. Tenderness here usually

means that something is wrong with the organ. When it is struck, there WILL be tenderness. It is also a ›window of the sky point‹ thus will have an effect upon the emotions. Used with SP 17, this is a devastating double point strike causing great internal damage with little or no external damage and can be used in cases where one does not wish to show physical damage! Death can occur when this combination is struck and a cause of death is often hard to come by other than heart attack. This is not a point to play around with in demonstration! This point has also been known to affect the kidneys as well.





PC 2: TIANQUAN (Heaven's Spring)
2 cun below the end of the anterior axillary fold, between the two heads of the biceps brachii muscle.
Again, this point will also affect the heart and can be used in conjunction with LU 3 in a claw type of grab to cause great Qi disruption and drainage. This claw, I have experienced and will put someone onto their knees used correctly. Local pain and nerve damage is also apparent. The strike to PC 2 can sometimes take you breath away with the recipient exhaling and ›sinking‹ at the same time.

PC 3: QUZE (Crooked Marsh)
On the transverse cubital crease, at the u1nar side of the tendon of the biceps brachii muscle. Qu means curve and Ze means marsh, the QI of the meridian infuses into the shallow depression of the elbow like water flowing into a marsh.
This is a ›water and He point‹. It will have an effect upon the heart and intestines. It will add heat to the heart causing long term medical effects such as cold sores on the mouth and lips, too much talking about nothing etc. It will also affect the emotions, especially later in life.
Here we have a triple strike is you also strike to HT 3 and LU 5 resulting in an extreme Qi drainage strike which would stop the heart and the lungs from working. So these three points are not to be played around with! All by itself, PC 3 will drain energy and affect the heart when struck downwards towards the wrist direction. It will affect the lungs when struck slightly upwards in the opposite direction. All three points can be accessed with a knife edge strike straight across the lower upper arm on the inside just above the elbow joint angled slightly downwards to get at LU 5 as well. The triple strike is far more effective than using one or two of these points together.

PC 4: XIMEN (Gate of the Crevice)
5 cun above the transverse crease of the wrist, on the line connecting PC 3, to PC 7, between the tendons of the palmaris longus and flexor carpi radialis muscles, in the flexor digitorumsuperficialis manus muscle. In it's deep position in the flexor digitorum sublimus muscle.
This point will affect the heart especially if the recipient has an angina problem. In this case the heart will stop immediately. In the case of a normal healthy person, it will cause the heart to become weak, opening it up to external pathogenic attack which will break through the pericardium easily.
The strike is made more effective if PC 5 & 6 are also included. PC 4 is a Xie-cleft point which will cause the heart to become tense and beat faster

for no reason causing high blood pressure. It also has an effect upon the she or spirit.

PC 5: JIANSHI (Intermediary)
3 cun above the transverse crease of the wrist, between the tendons of the muscles palmaris longus and flexor carpii radialis, in the flexor digitorum superficialis manus muscle. In it's deep position in the flexor digitorum sublimis muscle.
This is a metal and jing point. It will have an effect upon the mind, causing it to become scattered and tense verging upon mental illness. The heart will also be affected adversely. The ›heart/lung‹ balance will be disturbed thus draining Qi and causing great weakness. Used with PC 6 and PC 4 this point has the potential to stop the heart! Digestion will also be effected greatly.

PC6 EIGUAN (Inner Gate)
2 cun above the transverse crease of the wrist, between the tendons of the palmaris longus and flexor carpi radialis muscles, in the flexor digitorum superficialis manus muscle. In it's deep position in the flexor digitorum sublimis muscle. Nei means pass and Guan means pass, this point is an important site on the medial aspect of the forearm, like a pass.
This is one of the best set up points and is used a great deal in dim-mak and healing. It is a ›luo‹ point and a master point for Yin Wei-Mai and a coupled point of Chong Mai. When struck, it will upset the yin/yang balance in the body causing confusion internally, it can cause mental illness in the most or mental instability and confusion in the least. It is one of the best Qi drainage points. This point is usually struck using a violent grab or a strike. It can be incorporated into wrist locks using the fingers to dig into the point making the lock much easier firstly to get on and to hold. This strike will cause great internal activity for no reason, so the heart will race for no reason, the lungs will try and take in more air for no reason etc.
A strike straight in will cause great nausea, and I have seen a recipient turn green and throw up when he was struck accidentally on this point.

PC 7: DALING (Big Tomb)
Location In the depression in the middle of the transverse crease of the wrist, between the tendons of the palmaris longus and flexor carpi radialis muscles, and in the flexor hallucis longus muscle and the tendon of the flexor digitorum sublimis muscle. Da means big or large and Ling means tomb or mould, the protrusion of the palmar root is quite large, like a mould and the Point is in the depression of the wrist proximal to it.

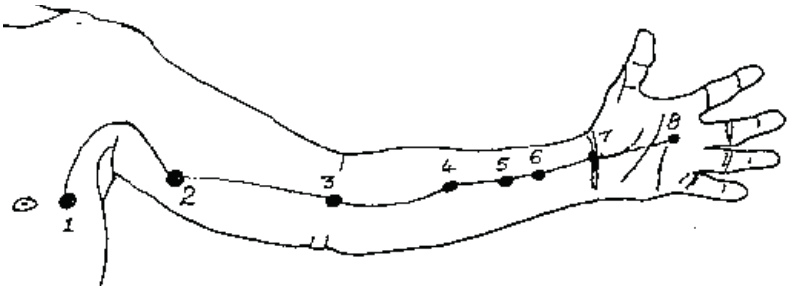
This is an earth, yuan and shu point. A strike here will have an immediate effect upon the heart, shocking it sufficiently to enable a more deadly strike. So this point is used as a set up point to other meridians such as the heart. It will cause to much heat in the heart.

PC 8: LAOGONG (Labor's Palace)

When the hand is placed palm upwards, the point is between the 2nd and 3rd metacarpal bones, proximal to the metacarpophalangeal joint, on the radial side of the 3rd metacarpal bone. With the fingers cupped in the palm in a half fist, this point can be found in front of the tip of the middle finger between the 2nd and 3rd metacarpal bones. Below the point are the aponeurosis, the 2nd lumbrical and the superficial and deep tendons of the flexor digitorum muscles, in it's deep position are the origin of the transverse head of the adductor hallucis muscle and the interossei muscle.
Lao means labour and Gong means centre, the hand is for labour so here Lao refers to the hand. The point is in the centre of the palm
A fire and yong point. When this point is struck, it heats the heart. When used in healing, it cools the heart. This point is however, more known as the point where the Qi emanates from, either for the healing or for the martial arts. This is where the Qi comes from when we put in either healing Qi or disruptive Qi. The hand can be open or closed, it doesn›t matter, the Qi still comes from this point. It can also be used as a ›balancing‹ point for when we do ›meridian balancing‹ on someone to balance the yin/yang energy in the body. This point on only the left hand is held over the ›earth‹ point on each meridian and then the other PC 8 is rubbed down the length of the meridian.

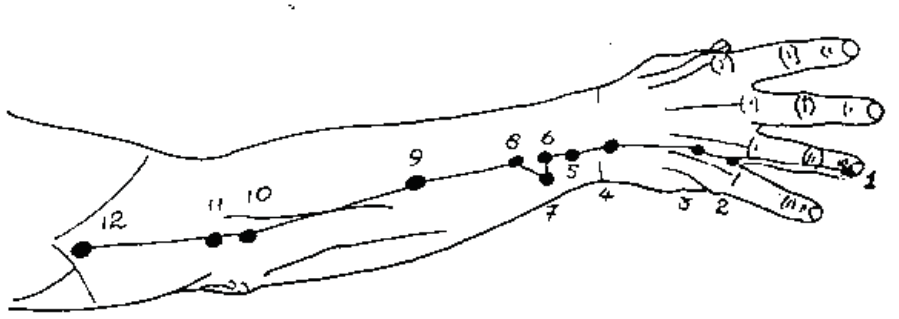
PC 9: ZHONGCHONG (Middle Pouring)

In the centre of the tip of the middle finger. Another location is 0.1 cun from the base of the middle fingernail on the radial side.
If you were to bang yourself on the longest finger, you might experience some heat in the heart (anger etc.) Which will cause you to jump around a bit and sprout profanities. This is a healing point, and I would not use it in a self defence application. It is a wood and cheng point and therefore is used in emergency treatments such as coma and is usually bled.



TRIPLE HEATER MERIDIAN

TH 1: GUANCHONG (Gate's Pouring)
On the lateral side of the ring finger, around 0.1 cun posterior to the corner of the nail. Guan here means bend as the ring finger cannot be stretched out alone Guan here is referring to the ring finger, Chong means gushing, the Pt is near the tip of the ring finger and is the JING WELL PT where QI of the meridian originates and gushes upwards along the channel.
To receive a blow to the ring finger, perhaps you might hit it with a hammer? You will cause an imbalance in the meridian which will cause your day to be ›off-. It will not kill you, but will have to be dealt with if balance is to be regained.



TH 2: YEMEN (Fluids Door)
Proximal to the margin of the web between the ring and small fingers. The point is located with a clenched fist.

This point will do internal damage and help the lock to work even better. This lock can be used by small children on adults literally to take them to their knees. This is a water and yong point and when attacked will cause great Qi disruption to the body especially the movement of fluids throughout the body. It is not a point that I would count on in a tight situation.

TH 3: ZHONGZHU (Middle Island)
When the hand is palm down, the point is on the dorsum of the hand between the 4th and 5th metacarpal bones, in the depression proximal to the metacarpophalangeal joint in the 4th interosseous muscle.
This is a wood and shu point and will have a reaction up on the hearing when struck. It will also help in the execution of a finger lock making this lock work much better causing more damage. It also has an affect upon the sides of the body so you cold use this point to cause the attacker to buckle in at the sides and then strike the side of the body especially at GB 25 causing great internal damage and knock out.

TH 4: YANGCHI (Pool of Yang)
At the junction of the ulna and carpal bones, in the depression lateral to the tendon of extensor digitorum communis muscle. With the hand supline, this PT can be found directly above the transverse crease on the dorsal side of the wrist, in a hollow above the 3rd and 4th metacarpal bones, between the tendons of extensor digitorum and extensor digiti minimi manus muscles.
This point is a ›yuan‹ point. It will cause damage to the tendons and cause damage to the ›life force‹. It is not good to be struck here if you have had either a vasectomy or had your uterus out. It will cause great pain and Qi drainage, it is an excellent set up point, if you can get at it as this point must be struck right on the point using a smaller weapon such as a one knuckle punch. The Qi drainage can be so bad that the recipient has to sit down.

TH 5: WAIGUAN (Outer Gate)
2 cun above TH 4, between the radius and ulna and extensor digitorum and extensor hallucis longus muscles.
When struck, this point makes you feel like collapsing or lying down. The Qi drainage and pain are incredible when struck right on with a smaller weapon. This is a ›Luo‹ point and a master point of Yang Wei Mai (extraordinary meridian). So this point has a connection with many other meridians because it is linked by Yang Wei Mai. It will unbalance the yin and yang of the body.

TH 6: ZHIGOU (Branch Supporting Ditch)
3 cun above TH 4, 1cun above TH 5, between the radius and ulna and the extensor digitorum and extensor hallucis longus muscles. With the palm down the point is found on the radial side of the extensor digitorum muscle. Zhi means limbs and Gou means ditch, here Zhi is referring to the upper limbs and the ditch is between the radius and ulna.
This is a fire and jing point. When struck using adverse Qi, this point will cause the sides of the body to be weakened and also cause intestinal problems at some later stage. It will hinder the flow of Qi throughout the body and cause heat to rise in the middle and upper heaters causing mind and breathing problems. Immediately though, the strike will cause intense pain and Qi drainage to the point where the recipient will have to sit down. Usually used as a set up point though.

TH 7: HUIZONG (Meeting of the Clan)
3 cun proximal to the wrist, about 1 finger breadth lateral to TH 6 on the radial side of the ulna.
This is a xi-cleft point or an accumulation point. A strike to any xi-cleft point causes the Qi to explode everywhere causing great Qi disruption all over the body. So this point is an excellent set up point. Immediately, there is great pain to the point of the recipient having to sit down.

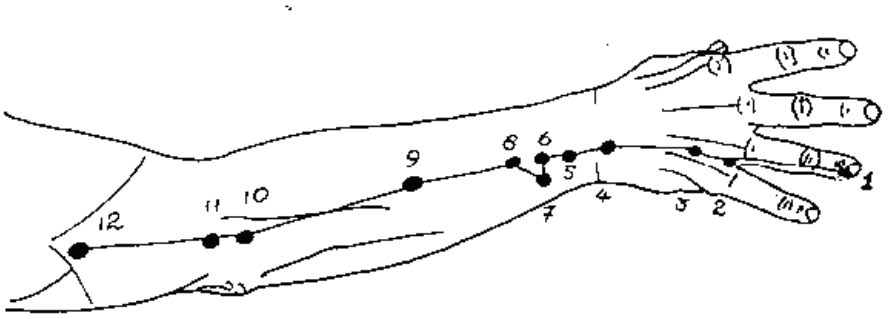
TH 8: SANYANGLUO (Three Yang Connection)
4 cun above TH 4, between the radius and ulna and between the exterior digitorum and the origin of the abductor pollicis longus muscles.
This point is one of the only points that cannot be built up to resist attack. For instance, CO 10 can be built up by striking oneself as in many of the Bagwazhang forms. A strike here can cause death if it is hard enough. Used with CV 24 and PC 6, this is a deadly combination. Immediate Qi drainage with great pain and a ›feeling‹ that rises up into the chest and then into the head.

TH 9: SIDU (Four Ditch)
When the hand is palm down, the Pt is 5 cun below the olecranon (elbow), between the radius and ulna and the extensor carpi ulnaris muscle of the forearm.
This is more of a nerve and muscular strike when struck using a smaller weapon. It will take out the arm that us struck. There is also a feeling of sinking and it has been known to cause a person to fall down because of the Qi drainage at this point.

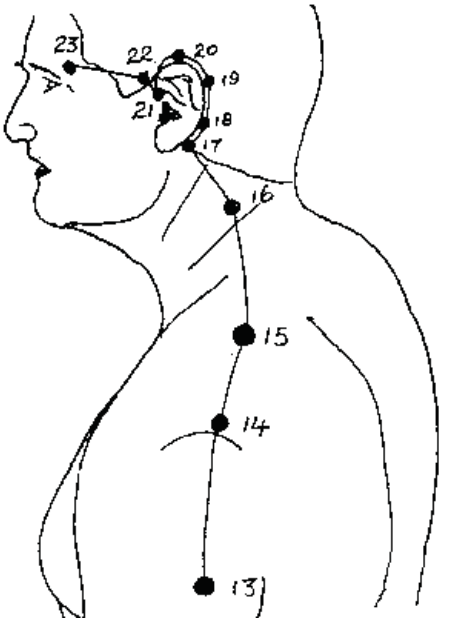
TH 10: TIANJING (Heaven's Well)
When the elbow is flexed, the point is in the depression about 1 cun superior to the olecranon of the elbow. In the cavity above the olecranon at the posterior aspect of the lower end of the humerus and the superior margin of the olecranon prominence of the ulna, in the tendon of the triceps muscle.
This is an earth and ›he= point. The communication of the whole system will be damaged because this point attacks the whole three heaters. Weak areas of the body will begin to show up after a short time. I know of one athlete who received a blow at this point. He used to be a high jumper! He is no longer a high jumper as his legs became weakened. And although acupuncture helped to restore power, his legs were never back to full power. He is now an excellent javelin thrower. Continuous headaches are also a symptom of bring struck at this point. Of course, the elbow is also damaged, and could be broken.

TH 11: QINGLENGYUAN (Cooling Gulf)
1 cun above TH 10.
This point can be used to weaken the elbow joint. In fact, most elbow breaks can be made using this location rather than the more common one of right on the elbow. The reason is that this point causes the elbow joint in particular to become weaker.

TH 12: XIAOLUO (Melting Luo River)
On the line joining the olercranon and TH 14 mid way between TH 11 and TH 13.
The damage here is to the whole arm. This point is used as a set up point to drain Qi from the whole body as well as a major point for arm locks and breaks. It is very easy to take the largest man down using this point in conjunction with an arm lock. When struck using a slightly upwards direction, it will cause a huge amount of Qi to be pumped into the head thus it has the potential to cause a knock out.



TH 13: NAOHUI (Shoulders Meeting)
On the line joining the olercranon process (TH 10) to TH 14, 3 cun below TH 14, in the depression on the posterior inferior aspect of the deltoid muscle. Nao means muscle prominence of the upper arm.
This point is a point of the extra meridian "Yang Wei Mai" and as such can be used with other points to form devastating multiple strikes. (See the section on the extra meridians). It is also connected to CO 14 making for a most dangerous combination when these two points are struck. We have an energy (Qi) input point, (CO 14) and a TH point (TH 13) being struck one after the other (CO 14 first) causing the ›mother‹ Qi to be blocked as well as the whole Qi system to be unbalanced. After this strike, the fight is usually over.



TH 14: JIANLIAO (Shoulder Seam)
Posterior and inferior to the acromion, in the depression about 1 cun posterior to CO 15. In the deltoid muscle. Jian means shoulder and liao means foramen, this point is in a foramen on the shoulder.
This is also a Yang Wei Mai point, so a strike here also has an effect upon many other points including SI 12. Great scapular damage is felt with a nauseous feeling caused by the connection to SI 12. This point is well protected, but using a percussive strike that will send a shock wave inside of the body, will get in where a normal physical strike will not.

TH 15: TIANLIAO (Heaven's Seam)
Midway between GB 21 and SI 13, on the superior angle of the scapula. Tiao means heaven and You means foramen, upper is referred to as heaven and the Point is in a foramen above the shoulder blade.
Because of the connection with ST 12, this point will cause the will to fight to be lessened. However, it will do much more than that because it is a TH point. It will also damage the whole Qi system. Local pain all over the upper back area causing a sick feeling in the stomach.

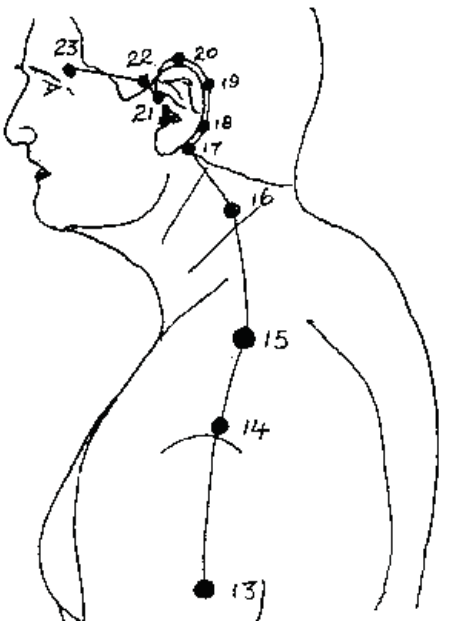
TH 16: TIANYAO (Heaven's Window)
Posterior and inferior to the mastoid process, on the posterior border of the sternocleidomastoideus, level with SI 17, and BL 10. Near the hairline, in the posterior margin at the insertion of the sternocleidomastoid muscle.
Here we have one of the more dangerous point strikes. This will cause a knock out all by itself by shocking the brain. It will also cause death if it is struck hard. It is a window of the sky point and so will have a great effect upon the brain by placing too much yang Qi into the brain causing confusion or knock out. Emotional problems will also instantly seem far greater than they are. Many people who have been struck here say that they forgot the reason for beginning the confrontation in the first place. This point is the major point for all of those points called ›window of the sky points‹. This point is very dangerous and should be avoided at all costs unless your life is threatened!

TH 17: YIFENG (Shielding Wind or Wind Screen)
Posterior to the lobule of the ear, in the depression between the mandible and mastoid process.
Here we have one of the most deadly strikes. It is difficult to get at if you don‹t know how but when struck, there is no return! However, this point can also be used as a controlling point for door attendants or bouncers, police etc. In fact this point has been used in Australia by police against protesters who were trying not to have their school closed down. When I saw this on the TV news, I was horrified that police officers were using this point against innocent people who were just sitting on the ground. The police would come up behind them one by one and stick their fingers in behind the ears and lift upwards. They had the wrong direction, but it still worked to get them up on their feet! They had doctors on the TV saying that this was perfectly harmless! Little did they know, that if the direction was changed slightly, they could have killed people!
If you are attacked in a hotel by someone who is perhaps under the influence of drugs of alcohol, slap him in the face at a neurological shutdown point, then, holding his head still with one hand, take your other hand and using the fingers, stick them into the point and pull forward. He will go with you! If he should resist or try to strike you, dig a little deeper and he will fall to the ground.

TH 18: QIMAI (Feeding the Vessels)

In the centre of the mastoid process, at the junction of the middle and lower thirds of the curve by TH 17 and TH 20, posterior to the helix at the root of the auricle.
This is also a very dangerous strike as the brain is shocked. A hard strike here can cause death. A knock out will occur with a medium strike here.

TH 19: LUXI (Skull's Rest)
Posterior to the ear, at the junction of the upper and middle thirds of the curve formed by TH 17 and TH 20, behind the helix or 1 cun above TH 18 behind the ear.
Combine this strike with TH 18 and you have a recipe for death when a hard blow is felt. With a medium shot, the recipient is knocked out or is totally disorientated. This is because of the location of the point with reference to the physical parts of the brain. The brain is shocked and shuts



down. Your palm can strike both points at the same time.

TH 20: JIAOSUN (Angle of Regeneration)
Directly above the apex of the ear, within the hairline of the temple. Jiao here means corner and Sun means reticular collateral, this Pt is on the temporal region corresponding to the ear apex, where the reticular meridians are distributed.

This point must be struck fairly hard to have any effect. But when it does have an effect, it is substantial. Extreme dizziness and falling down with great nausea. A knock will occur with a medium to hard strike.

TH 21: ERMEN (Ear's Door)
In the depression anterior to the supratragic notch and slightly superior to the condyloid process of the mandible. The point is located with the mouth open. Er means ear and Men means door, this Pt is in front of the ear, like a door to the ear.
This strike causes a sickly feeling to slowly move down the whole chest area, much like the feeling one gets when attacked in a ›controlling manner‹ at TH 17. Struck hard, it will cause knock out. This sickly feeling will turn into a nagging pain after some time, causing the recipient to feel like they are having a heart attack. You must use the antidote to right this condition.

TH 22: HELIAO (Harmony's Seam)
Anterior and superior to TH 21, level with the of the auricle, on the natural hairline of the temple where the superficial temporal artery passes.
This point is much the same as TH 21, only there is also great local pain and Qi drainage. because of its location, it can cause knock out, but the strike must be quite hard. Using a palm strike to this point, you will also get a number of other points like GB 3, which when struck together will cause death.

TH 23: IZHUKONG (Silken Bamboo Hollow)
In the depression at the lateral end of the eyebrow, on the lateral border of the zygomatic process of the frontal bone, in the orbicularis oculi muscle. Sizhu means slender bamboo and Kong means space, the Pt is at the lateral end of the eyebrow , which looks like a slender bamboo and it is in a shallow depression.
When I first discovered this point (actually had it worked on me), I became very excited. This point is one of the very dangerous variety and will cause a knock out very easily when struck in the correct direction. The heel of the palm must strike just above the corner of the eye in the hollow above the eye bone, then it glances downwards over the side of the eye. You must catch the heel palm in that hollow striking to the upper edge of the eye bone. When struck right on, it doesn‹t need too much power to cause a knock out. A hard strike will cause death however. This point will drain Qi dramatically from the lower heating space and also from the middle heating space. My seven year old son at that time was able to knock me out with a light blow to this area.

Immediately, the recipient feels great local pain, then a split second later, there is a sinking feeling in the chest and abdomen as the Qi is drained, then the knees go and the knock out occurs. Even after the recipient has been revived, the legs are shaky. When this point is struck slightly inwards towards the eye, still with a downwards motion, it can cause blindness.

The Gall Bladder Meridian

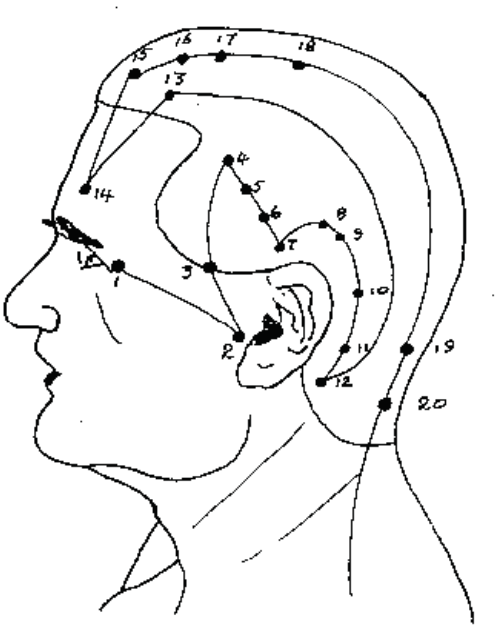
GB 1 **(Gall Bladder Point No. 1: Tonqziliao**, or Bone Of The Eye.

.5 cun lateral to the outer edge of the canthus of the eye. (Diagram No. 1 at the end of this chapter).

Anatomy: The point is in the orbicularis muscle. The nerves in the region include the zygomaticofacial, zygomaticotemporal and the temporal and frontal branches or the facial nerve.

Struck on its own, this point will give extreme nausea, loss of memory, possible death. It is very dangerous, even with light strikes. Depending upon the strike used, you can of course give damage to the eyes as well.

GB 2: Tinghui, or Confluence of Hearing.
In front of the intertragic notch, directly below "Tinggong" (SI 19, see diagram at and of SI chapter), at the posterior border of the condyloid process of the mandible. Locate the point with the mouth open. (Diagram 1, end of this chapter).
Struck on its own, this point will give extreme nausea and dizziness. Death will occur only if the point is struck hard.



GB 3: Shangquan (Guests & Hosts)
This is the temple point. On the superior border of the zygomatic arch, in the depression which can be felt in the bone. Anatomical: The zygomatic branch of the facial nerve and the zygomaticofacial nerve, the zygomaticoorbital artery and vein.
Being the temple, this is an extremely sensitive area and will cause death when struck hard and will knock out when struck lightly or medium.

GB 4: Han Yan (Satisfying Jaw)
Within the hairline of the temporal region, 3 of the distance from ST 8 to GB 7. Or one cun below ST 8. Movement can be felt at this point when chewing.
This point, because of its location will cause death at the most and extreme dizziness in the least causing the recipient to fall down through the dizziness.

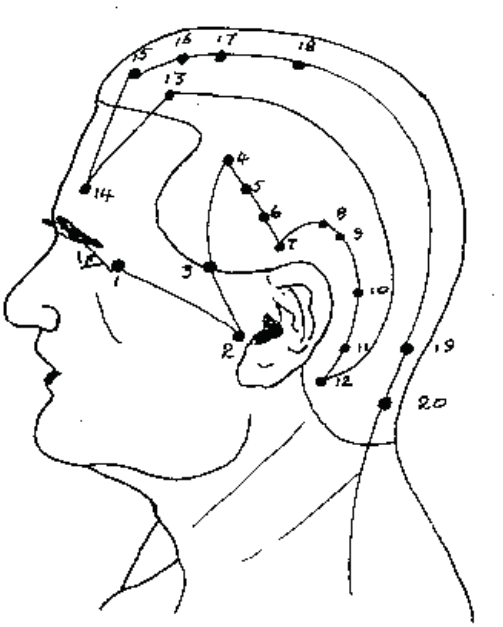
GB 5: Xuanlu: (Suspended Head)
In the middle of the curve between ST 8 and GB 7.
This point does much the same as for GB 4, however, it is a little more effective in causing dizziness and death depending upon how hard it is struck. If GB 4, 5, 6 & 7 are struck simultaneously, it is a devastating strike.

GB 6: Xuanli (Suspended Balance)
On the hairline between GB 5 and GB 7.
This point is getting close to a point just above the ear which will cause a ›delayed death strike=. Delayed death strikes have been talked about in a mystical sense for years. However, most of these strikes are scientifically proven as is the case with the strike to GB 6 and other points in this region of the head. There is a small artery called the "Middle Meningeal artery" on the side of the head around this area, about ： of an inch above the ear, which when struck will burst causing blood to seep into the brain. It takes around 3 days to fill the brain sufficiently to cause death. ***If this artery has been broken, it is diagnosed by looking at the pupils, if they change in size***. This area of the head also houses much important brain stuff, so a strike to this area is not only an electrical strike, thus affecting the Qi system of the body, but also an excellent physiological strike.

GB 7: Qubin (Crook Of The Temple)
On the hairline in front of the ear apex, one finger width anterior to TH 20.
Again, because of the location of this point, a delayed death strike may occur even with a medium powered blow. Because of its connection to the Small Intestine, a knock out will probably occur because of the action upon the heart through the small intestine connection. This point is an extremely dangerous point because of its location at the base of the brain. Other points will also be struck, such as GB 4, 5 and 6. So the damage will be made greater when these points are also struck at the same time using the palm strike.

GB 8: Shuaigu (Leading To Valley)
Superior to the apex of the auricle, 1.5 cun within the hairline. Or 1.5 cun above TH 20 which is on the head where the ear apex would touch if pressed inwards.
Knock out will occur with relatively lighter strikes, medium strikes will cause a loss of the sense of being. Person doesn=t know where they are or even who they are etc. Death will occur when struck really hard. This point is also a delayed death strike being in close proximity to the small artery (middle meningeal artery) mentioned earlier.

GB 9: Tianchong (Heavenly Assault)
.5 cun posterior to GB 8, 2 cun within the hairline.
Instant knock out because of the location of the point, death could occur if struck hard enough. This is an energy drainage point.

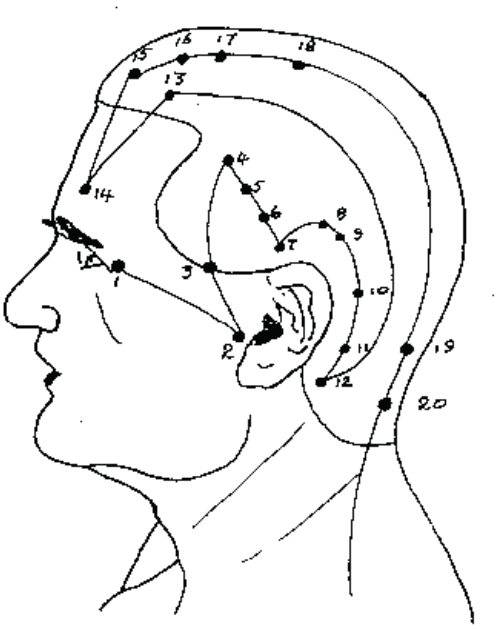


GB 10: Fubai (Floating White)
Posterior and superior to the mastoid process, in the middle of the curved line drawn from GB 9 to GB 11. Or an easier way to find it, is on a horizontal line drawn at the level of the eyes that runs towards the back of the head. The point is behind the ear on the squamosal suture which is the joint between the parietal bone and the temporal bone of the skull.
Shocks the brain and affects the motor nervous system. Struck hard enough will cause death in the most and KO in the least.

GB 11: Qiaoyin (Cavity Of Yin)
Midpoint on a line connecting GB 10 and GB 12. It is found in a small hollow behind the ear.
The damage is the same as for GB 10 as it is in the same area of the head.

GB 12: Head Wangu (Finished Bone)
In the depression posterior and inferior to the mastoid process, 0.7 cun below GB 11 and level with GV 16.
At the least a KO, at the most death. In between these two extremes, you can cause headaches for days after the strike. It takes the Qi away (drains) from the upper body with even a light blow lasting painfully for days and the recipient lacks energy for days. When struck upwards into the head, this is one of the more dangerous points to strike because of its anatomical location.

GB 13: **Benshen** (Head Above The Tears)
.5 cun inside the hairline and .5 cun medial to ST 8, directly above the outer canthus of the eye. If you drew a line along GB 7,6,5 &4 then went another inch up towards the head, this is close to GB13.
GB 13 is part of what is called the triangle strike. Ie., we not only strike to GB 13, but also hit at the same time, GB 14 and 15. The combination of the Colon strike with the three Gall Bladder strikes causes what is known as *adverse cyclic Qi disruption.* This sends ›adverse‹ Qi (that which causes the body to disintegrate rather than to build), into the head and brain, which will cause not only immediate brain dysfunction, but also delayed dysfunction that could last for years if death is not immediate.



GB 14: Yangbai (Yang White)
1 cun above the middle of the eyebrow on a line directly above the pupil of the eye in the depression on the superciliary arch.
If this point is struck straight in, it will cause physical damage to the neck. Struck upwards, brings too much Yang energy into the head and causes a sort of state like sunstroke, nausea, black out and even death. When struck downwards causes KO by draining energy from the head. This point is also right over the part of the brain that makes us different to animals. So a strike to this area will also affect the way we think, work, move etc.

GB 15: Head Lingi (Base Of God)
.5 cun inside the hairline and directly above the pupil when looking ahead
Causes the head to feel as if it is swelling up, or being pumped up like a balloon. Causes the recipient to not know where they are for a second or two if struck mildly, or KO if struck heavily. Of course any head point will kill if an external weapon is used. I am only covering empty hand methods in this book.

GB 16: Muchuang (Window Of The Eyes)
1 cun posterior to GB 15 in straight line with GB 14 and 15.
This point is particularly nasty because of its location to the brain. When struck, the recipient feels immediate local pain because it is also an ›electrical point‹. Ie., all dim-mak points are ›electrical points‹ whereby they cause some damage to the energy system of the body. Some points however, are located over or very near to physiological areas of the body that are particularly sensitive to being struck, like the brain. The strike is done straight down into the brain and because of its location, very close to the Frontal Coronal, the sutures formed by the knitting together of the skull plates from birth. So this can cause a broken skull! This is also the area just above the ›hypothalamus‹ where among other important things, the reflexes are developed. It is also right over where ›pre-motor decisions are made, like "I am now going to pick up this cup". So strikes to this area will affect the reflexes and coordination and also the ability simply to make decisions. This part of the cerebrum is also in charge of body movement. So a strike anywhere here impairs body movement.

GB 17: Zhengyin (Principle Yin)
Keep going backwards in a line parallel with the skull 1 cun back from GB 15.
Much to same damage as for GB 16 because of its location to the brain parts. This point has a slightly better effect upon the reflexes, as it is closer to the part of the cerebrum that controls movement. So motor actions are damaged. Also causes local pain through the electrical part of this strike. Knock out as well as death for a very hard strike.

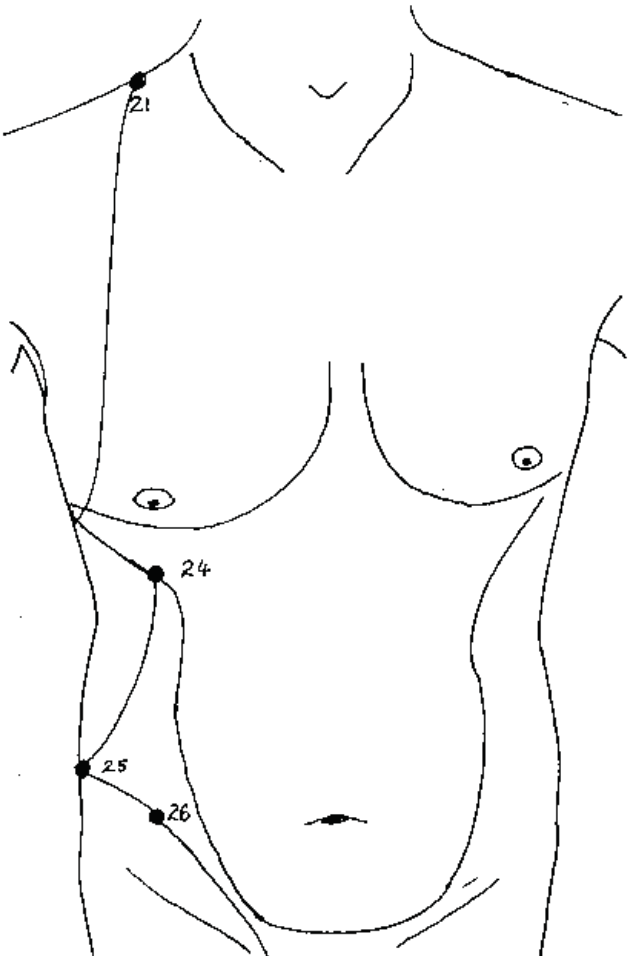
GB 18: Chengling (Support The Spirit)
1.5 cun posterior to GB 17 on the line connecting GB 15 and GB 20. Approximately 5 cun posterior to the hairline of the forehead. Or approximately 1 cun posterior and 1.2 cun lateral to GV 20.
Even a light blow here can cause a KO. A strike to this point scatters the Qi of the upper body, causes nausea and affects the way the tantien distributes the Qi. Because of the location over the side of the brain, this point strike will cause considerable brain dysfunction when struck hard enough.

GB 19: Naokong (Brain Cavity)
Directly above GB 20 level with GV 17 on the lateral side of the external occipital protuberance. Or look at the back of the head just above the neck. The bit that sticks out the most, saying "hit me hit me" is GB 19.

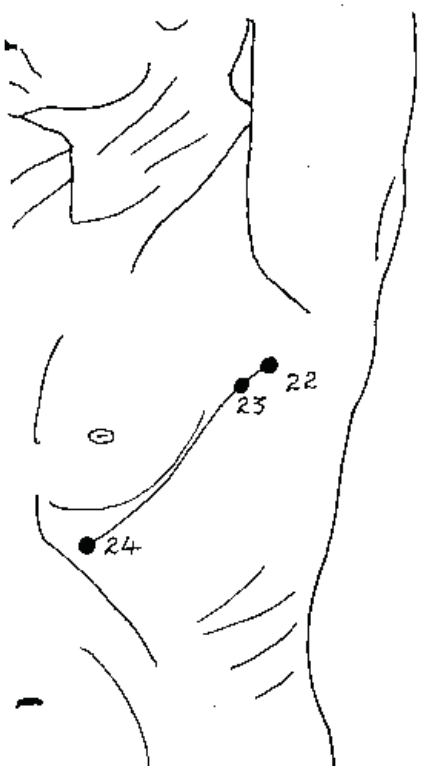
The damage is immense to this point. The whole brain is shocked causing KO even with lighter strikes. This point needs no other set up point, but sometimes works well with a slice down the arm first. Many people have been able to cause a KO on students using this point. However, only irresponsible instructors would use this point to ›show off‹ as it is so easy to KO but causes considerable damage long after the strike has been made.

GB 20: Fengchi (Pool Of Wind)
In the posterior aspect of the neck, below the occipital bone, in the depression between the upper portion of the sternocleidomastoideus muscle and the Trapezius muscle.
Again, the damage caused by striking this point in the correct direction is immense. We not only get the ›electrical‹ disruption, but also the physiological damage caused by its location at the base of the brain. Any strike upwards here will cause a KO with even a light to medium strike. Very hard strikes and brain damage will occur, even death.

GB 21: Jianjing (Shoulder Well)
Midway between GV 14 and the acromion of the shoulder, at the highest point of the shoulder.
This point is also a dim-mak healing point in that it is used to heal a strike in an upward direction to GB 14. It drains Qi (energy) from the head and so alleviating the problem caused by the strike. Sunstroke is also an indication of too much yang Qi in the head. So we also know how to heal this condition by medium strike down onto GB 21, then a violent swipe out over the shoulders.
However, if too much pressure is used on someone who does not have the condition of too much yang energy in the head, then we will drain too much Qi from the head causing light headedness in the least and a KO in the most, although it has to be struck fairly hard. The medium result of this strike is for the recipient to drop straight down onto the ground. GB 21 is also associated to the ›accessory never‹ which runs down the back of the side of the neck. This nerve is also prominent in causing knock outs from a neurological shut down strike at the back of the neck.


21
24
25
26

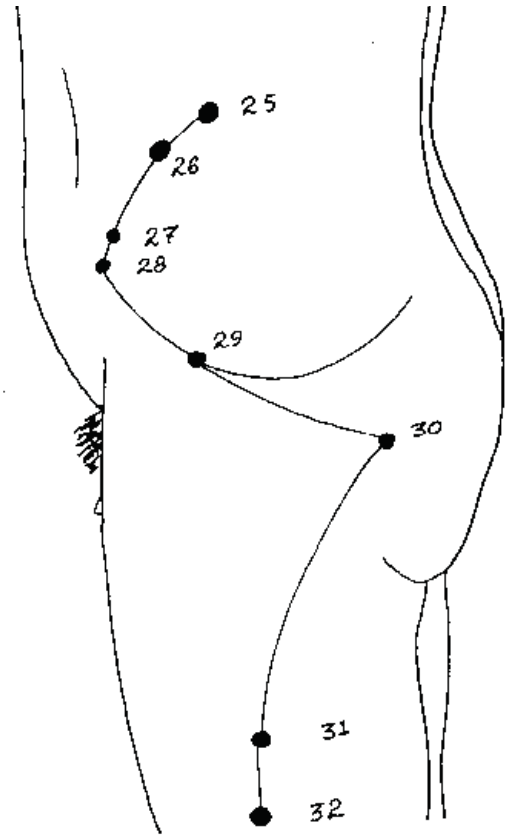
GB 22: Yuanye (Gulf-s Fluids)
On the mid-axillary line, 3 cun below the axilla and in the 5th intercostal space.
This is a particularly sensitive area as there are lymph nodes in this area. It is an extreme Qi drainage point so the recipient cannot carry on after being struck even lightly in this point. If death is not instant, it will occur some time later. Causes the heart to falter or stop instantly.



GB 23: Zhejin (Flanks Sinews)
1 cun anterior to GB 22, approximately level with the nipple on a male in the 4th intercostal space.
Drains Qi from the body, even a medium power strike is enough to cause the attacker not to be able to continue. This point when struck with GB 22 is disastrous.

GB 24: Riyue (Sun Moon)
Inferior to the nipple, between the cartilage of the 7th and 8th ribs, one rib below LIV 14.
This point is a death point or will cause a KO if only struck medium.

GB 25: Jingmen (Door Of The Capital)
Located on the lateral sides of the abdomen, on the lower border of the free end of the twelfth rib.
As this is a ›mu‑ point for the kidneys any strike here will affect the kidneys. This point in particular will cause great kidney damage when struck from the side, more-so than when the kidneys are struck from the lower back area. (Traditional kidney strike). From the side, the strike sets up a shock wave which damages the kidneys. Struck hard, will cause death through kidney failure, light to moderate strikes will cause bleeding from the penis and great pain in the kidney area. It is difficult to get an electrical reaction from this point.



GB 26: Daimai (Girdle Vessel)
Directly below the free end of the eleventh rib, where LIV 13 is located, level with the umbilicus. The point lies in the external oblique muscle & the internal oblique & transverse abdominal muscles.
Draw a line across from the navel and where you touch the ribs, that-s the point.
Causes the whole central torso to be shocked with pain in the gall bladder area, hard enough will cause death. This strike will cause the heart to stop.

GB 27: Wushu (Five Pivots)
In the lateral sides of the abdomen, in front of the anterior super iliac spine, 3 cun below the level of the umbilicus approximately level with CV 4. In the external &internal oblique muscles and the transverse abdominal muscle.
Knock out or damage to the kidneys. Hospitalisation if strike is hard.

GB 28: Weidao (Meeting Path)
Anterior and inferior to the anterior Iliac spine, 0.5 cun anterior and inferior to
GB 28 has a greater physical effect upon the bladder which can burst when struck in the correct direction.

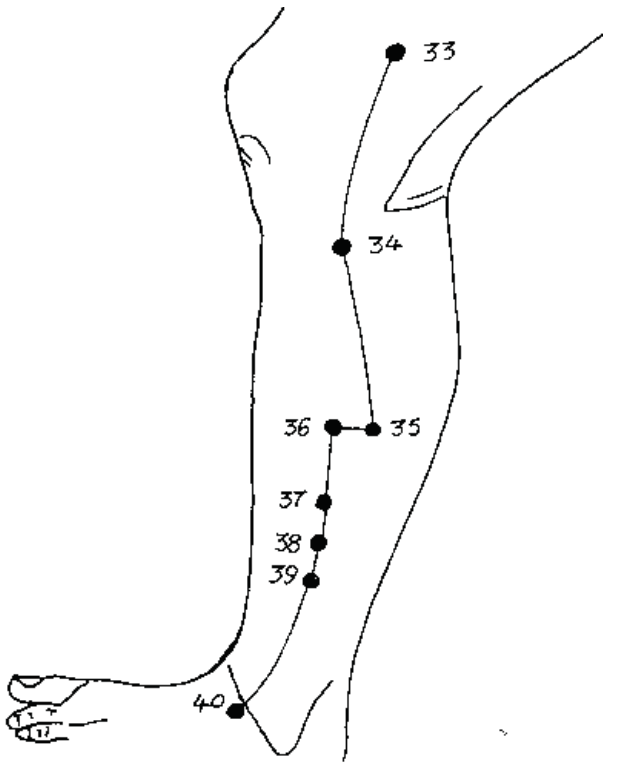
GB 29: Juliao (Bone of Lodging)
Midway between the Anterosuperior iliac spine and the great Trochanter. Locate the point with the patient lying on her side. At the anterior margin of the tensor facia lata, and in its deep position in the Vaqstus lateralis muscle
A strike to this point only, will cause the upper right side of the body to become paralysed. This will also cause a KO. When combined with strike to GB 12 will cause spasm in the whole upper body.

GB 30: Huantiao (Jumping Circle)
At the junction of the midral thirds of the distance between the Great Trochanter & the Hiatus of the Sacrum (GV 2). When locating this point the patient is on their side with their leg flexed. The point is in the Gluteus Maximus and inferior margin of the Piriformus muscle.
This will cause a KO and leg damage with nausea and perhaps bladder problems, even years after the strike.

GB 31: Fengshi (City Of Wind)
On the mid-line of the lateral aspect of the thigh, 7 cun above the transverse popliteal crease When the patient is standing erect with hands by their sides, the point is located where the tip of the middle finger touches the leg. Beneath the Tensor faciae latae, in the vastus lateralus muscle.
This strike causes a ›dead leg‹ where the leg becomes paralysed. It can cause a KO as well as affecting the heart by slowing it down or stopping it. In order to affect the heart though, the strike must be accurate using a small weapon such as the ball of the foot or a big toe.

GB 32: Femur Zhong (Middle Ditch)
In the lateral aspect of the thigh, 5 cun above the transverse popliteal crease, between the muscle vastus laterals. 2 cun below GB 31.
Causes KO, or takes out the knee on that side. Nausea and heart is affected.

GB 33: Xiyangguan (Yang Hinge/Gate)
When the knee is flexed, the point is 3 cun above GB 34, lateral to the knee joint in the depression between the tendons of muscles Biceps Femoris & the Femur. In the hollow above the lateral condyle of the femur, at the posterior aspect of the Iliotibial band and the anterior aspect of biceps femoris tendon
Knock out, great tendon damage around the knee, the tendons could be completely torn away from the bone. This is the ideal strike to the leg as the tendons holding the lower leg on, are torn and the recipient cannot carry on with no leg support. This strike will drain Qi greatly.



GB 34: Yanglingguan (Fountain Of The Yang Mound)In the depression anterior & inferior to the head of the fibula when the leg is flexed. Anterior to the capitulum of the fibula. between peroneus, longis & extensor digitorum longus pedis muscle.

Aggravates the liver greatly causing hospitalisation. KO and destroys the leg.

GB 35: Yangjiao (Yang's Intersection)
Seven cun above the lateral malleolus, on the poster border of the fibula, within the distance between the tip of the lateral malleolus and GB 34, level with GB 36 and BL 58. In the lateral aspect of the leg, the distance between the tip of the lateral malleolus and the mid point of the knee is seen as 16 cun.
Knock out when struck right on the point with a small weapon. Obvious leg damage. This is a particularly nasty strike as it causes damage later in life due to the slow damage caused to the point. All "Xie cleft" points react in this way. Extreme local pain which can cause the nervous system to shutdown for a period until the brain works out what is wrong. So this strike can also be used as a neurological shutdown point strike. (Those points or groups of points which when struck all by themselves, causing the whole nervous system to shut down, causing the body to drop.

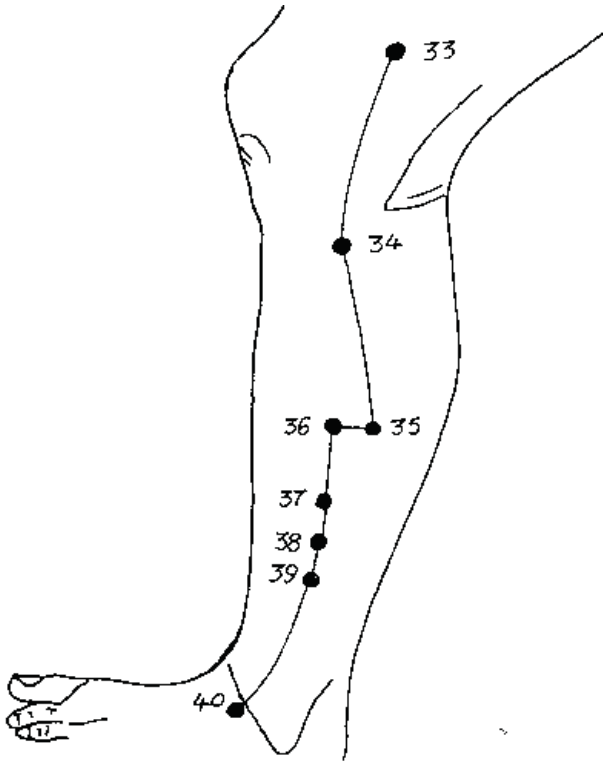
GB 36: Waiqiu (Outer Mould/External Region)
Seven cun above the lateral malleolus, on the anterior border of the fibular, or midway between GB 34 & the lateral malleolus, in front of GB 35 and level to it at the anterior border of the fibula.
This is also a "Xie cleft" point so it has much the same damage as GB 35.

GB 37: Guangming (Bright Light)
Five cun directly above the tip of the external malleus, an the anterior border of the fibula. Between the extensor digitorum longus pedis and peroneus brevis muscles.
When struck with a larger weapon such as the instep kick, this will cause KO is struck very hard, and also physical damage to the shin area. Local pain is felt greatly when struck right on the point as well as liver and gall bladder damage. This point is also poignant to eye damage or healing depending upon how it is used. It will cause severe eye damage slowly over several years. A quick sharp strike using a small weapon will cause momentary blindness.

GB 38: Yangfu (Yang's Help) Fire & Jing Point.
Four cun above and slightly anterior to the tip of the External malleolus, on the anterior border of the fibula & the tendons of peroneus longus & brevis.

Knock out, when struck in the correct direction. Leg damage, can break the shin. A good strike here can cause headaches for weeks.

GB 39: Xuanzhang or Juegu (Suspended Bell)
3 cun above the tip of the Lateral malleus, In the depression between the posterior border of the fibula and the tendons of peroneus lonaus & brevis. Just above the ankle on the outside of the leg. This is the last GB point above the ankle.
This is an interesting point all by itself. It causes great damage to the brain. At a lesser level, it can simply make the recipient feel totally disorientated and at a larger level, will cause mental problems later and immediately.
A strike here, will cause energy to be drained from the whole leg area immediately, and a few minutes later, the whole body will be drained causing KO or death. So do not play around with this point!
GB 40: Qiuxu: (Mound of Ruins or Grave Mould) Or (Region Of The Eminence)
Location anterior and inferior to the lateral malleolus, in the depression on the lateral side of the tendon of extensor digitorm longus. At the origin of extensor digitorum brevis pedis. Side of the foot, forward of the ankle bone.
Struck really hard, this point can cause paralysis in the whole body, or in just the leg being struck. It is able to cause heart failure and knock out.
Warning! Do not play around with this point just to show off as you could do irreparable damage to the energy system of the gall bladder and liver causing disease in later life.



GB 41: Zulinqi or Foot Linqi (Near tears on the foot) or (Lying Down To Weep).
In the depression distal to the junction of the 4th & 5th metatarsal bones, on the lateral side of the tendon of extensor digiti minimi of the foot. About 2 inches back in a straight line from the little toe.
This point is a master point for the extra meridian called "Dai Mai" or girdle meridian which runs around the waist. So a strike to this point will have an effect upon that meridian. One of the Dai Mai's functions is to control the communication between "upper" and "lower". So a strike here, not only produces great local pain or a knock out, it also causes there to be no communication between the torso and legs. So great non co-ordination is the result. So you could use this point as a set up strike to a more deadly blow.

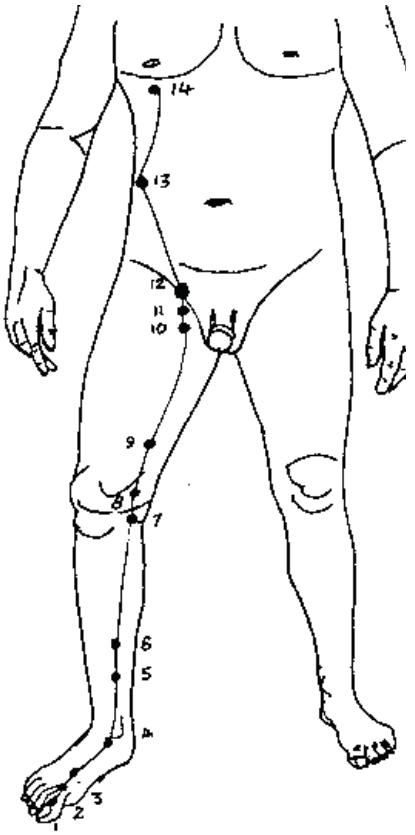
GB 42: Diwuhui (Five Terrestrial Reunions) (Earth's Fifth Meeting)
0.5 cun anterior to GB 41, found in the space between the 4th & 5th metatarsal.
This point is much the same as for GB 41, except that it can cause disorientation when struck exactly on the point using perhaps the heel.

GB 43: Xiaxi (Harmonious River)
0.5 cun behind the margin of the web of the 4th and 5th toes. On the crevice between the 4th and 5th toes.
This is a water and "Yong" (stream or spring point) point. So it could be used to affect many other points. It produces great heating in the head, like as if sunstroke has occurred. The person faints because of this. Local pain as well.

GB 44: Foot Qiaoyin (Yin Cavity)
Lateral side of the tip of the 4th toe. 0.1 cun proximal to the corner of the nail.
This is a metal and cheng point. (Cheng. To complete, or extremity point, other names are ›jing point‹ or well point.) It has a great affect upon the muscles and tendons, therefore, a strike here has great physical damage to these areas. It is a good strike should you be setting up a tendon or muscle strike later. Great local pain, as well as pain later in the leg. Can cause KO if struck hard enough. Extreme nausea through this point‹s action upon the liver.

The Liver Meridian

LIV 1: Dadun (Large Hill) or (Great Honesty)
On the lateral aspect of the dorsum of the big toe, 0.1 cun proximal to the corner of the nail.
LIV 1 is a "wood and cheng" point. The liver is in charge of sending Qi out to all areas. It also controls the defence of the body. A stomp onto the big toe not only produces great local pain, but also damages this ability to send the Qi out. Therefore, although a stomp on the toe may sound quite innocuous, it can impair health long after the stomp was done. Immediately though, it has the power to immobilise the attacker as it is an energy drainage point. So this point would be used mainly as a set up point. Used with LIV 13 will cause great internal damage as well as Qi damage immediately and will cause death when LIV 13 is struck hard. LIV 1 stomped all by itself will cause nausea.



LIV 2: Xingjian (Active Interval) or (Walk Between)
On the web between the big and second toes slightly closer to the big toe. This is a "fire and yong" point. (Yong meaning spring or stream point). Used for healing this point eliminates fire and soothes the liver. Used to damage, it causes fire in the liver, thus irritating it greatly. The recipient will feel very angry, so much so that he is overwhelmed with "feelings" so that he is unable to carry on with the confrontation. Local pain and Qi drainage.

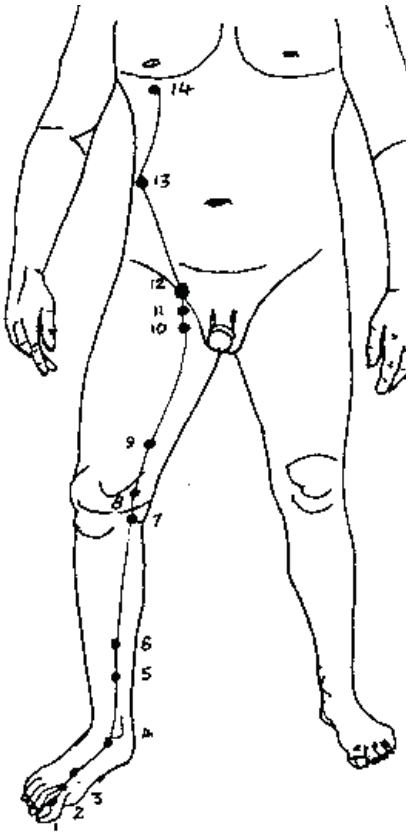
LIV 3: Taichong (Supreme Assault) or (Great Pouring)
On the dorsum of the foot, between the ossa metatarsal 1 & 2 in the depression posterior to the art, metatarso-phalangae. A very sore spot just up from LIV 2 between the big and second toes slightly towards the big toe. This is an "earth, shu and yuan point". (Yuan Qi means, ancestral energy. A yuan point is that which draws upon ancestral Qi. "Shu" meaning transporting. It is a collective name for the five welling stream points). A strike right on LIV 3 will immediately immobilise the attacker. The local pain

is just too much and great Qi drainage occurs. A feeling of drainage right up to the forehead is felt. This strike causes the recipient to feel totally "out of it" disorientated etc.

LIV 4: Zhongfeng (Middle Seal)
1 cun anterior to the medial malleous, midway between SP 5 and ST 41, in the depression on the medial side of the tendon of Tibialis anterior. Above the tubercle of the navicular, medial to the anterior Tibialis tendon.
This point is relatively difficult to get to, however, the effect is almost the same as a kick to the groin. Local pain and ankle damage. This point will stop a fight if the strike is hard enough. It can also be used as a set up strike to a groin shot, or for a LIV 14 shot.

LIV 5: Ligou (Worm Eater's Groove)
5 cun above the tip of the medial malleolus, on the medial aspect near the medial border of the Tibia. One third of the length from the tip of the malleolus to the mid point of the Knee.
Firstly, nausea is felt. Then cramping of the abdomen. If the strike is hard enough, other muscles will also cramp up. It is enough to stop the fight. Liver damage will also occur later in life, so do not play around with this point!

LIV 6: Foot ZHONGDU (Middle Metropolis)
Seven cun above the medial malleus, or 2 cun above LIV 5, on the medial aspect near the border of the Tibia.
This is a Xie Cleft point so it is an accumulation point for Qi. Striking this point will cause local pain as well as causing muscle spasm in the leg. Struck right on the point will cause nausea with an energy drainage. Struck hard enough will cause the person to have to sit down to recover. So this is a good point to strike to when you just want to stop the situation and not really do that much damage.



LIV 7: XIGUAN (Knee's Hinge)
Posterior and inferior to the medial Condyle of the Tibia, in the upper portion of the medial head of the Gastrocnemious, I cun posterior to SP 9. Great local pain when struck correctly. The pain will rise into the ears and cause loss of balance. This is an excellent set up point for any major attack. It can be accessed either with the foot or by finger pressure when in a grappling type situation.

LIV 8: QUQUAN "Crooked Spring"
On the medial side of the Knee joint, when then Knee is flexed, the point is above the medial end of the transverse popliteal crease, posterior to the medial condyle of the Tibia, on the Anterior border of the insertion of Semimbranosus & Semitendinous.
This is a water point that cools the system. Striking to this point will cause the opposite effect of heating the system greatly. This will cause things like

a great nauseous feeling. It will also hinder the circulating Qi in the liver channel. It will have an immediate affect upon the liver causing it to ›heat up‹ which will cause imbalance in the body.

LIV 9: YINBAO (YIN'S WRAPPING)
4 cun above the medial epicondial of the Femur, between Vastus Medialis & Satorius.
This point is a common knock out point that can be used effectively by most people with little knowledge. However, **I warn you here, do not use this point to show off, as it can cause irreparable damage later in life. Like emotional problems. Struck hard enough, this point can kill through liver failure!**

LIV 10: ZUWULI (Five Measures of the Foot)
Location 3 cun below ST 30, on the lateral border of Abductor Longus, 1 cun below LIV 11.
This is an excellent set up point for one of the common knock out shots. It will cause local pain and drains Qi, thus putting the body into sleep mode. Struck hard enough it could have an immediate affect upon the eyes, causing the signals to be confused.

LIV 11: YINLIAN (YIN'S MODEST)
2 cun below ST 30, on the lateral border of Abductor Longus, On the medial border of the thigh.
This point is interesting because it has also an affect upon the spleen. It will cause the legs and even the arms to become weak, it has even been known to cause the recipient to fall down when this point is struck alone because of leg weakness. The brain will also suffer, scattered thoughts etc.

LIV 12: JIMAI (Urgent Pulse)
Inferior and Lateral to the pubic symphysis, 2.5 cun lateral to the CV CHANNEL, at the inguinal groove lateral & inferior to ST 30.
This point has a strong affect upon the genitals and when one is struck here, it feels like a strike to the groin and is as good as. It is easier to get to than the groin as well. Struck hard enough, this point can kill. A light to medium shot will cause the genitals to bleed. Internal physical damage is caused to the tendons and muscles at this area. It also has an affect upon the tantien, and will cause the Qi flow to the whole body to become erratic for a while. A good point to strike along with this point, although not a set up point, is GB 24. The affect is devastating when both are struck.

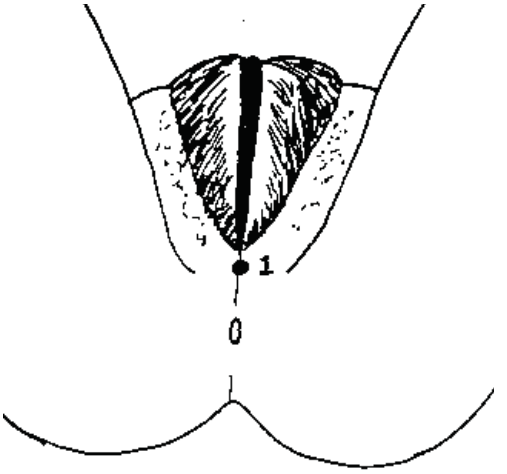
LIV 13: Zhangmen (System's Door)
On the lateral side of the abdomen, below the free end of the 11th rib, when the arm is bent at the elbow and held against the side, the point is roughly located at the tip of the elbow. This point is in the internal and external oblique muscles.
Great physical damage is done here as well as great electrical damage. This is one of the more dangerous points. I know of a person striking to this point on a television show, and they had to get a doctor from the audience to help the recipient (a student of the instructor), otherwise he would have died. The spleen is easily ruptured with this strike. Can cause emotional disturbances later in life. Liver is also immediately affected, so liver and spleen damage, thus this point=s dangerous nature.

LIV 14: QIMEN (Expectation's Door)
On the mamillary line, 2 ribs below the nipple, in the 6th intercostal space. This point is 6 cun above the navel & 3.5 cun lateral to GV 14, near the medial end of the 6th intercostal space in the internal and external oblique muscles and the aponeurosis of the transverse abdominal muscle.
This point is used greatly in the martial arts because it is so deadly and relatively easy to get at. It will cause mind problems, heart problems, like stopping it! It can cause the lungs to collapse. Can cause the liver to stop functioning. Even a light strike here will cause damage. Knock out will occur mainly because the recipient is dead! When >sliced= across the body from outside to inside, will cause great emotional problems and energy drainage. Stops the Qi for a moment. Blindness can occur instantly or later. Hence, this is one of the >delayed death touch points=.

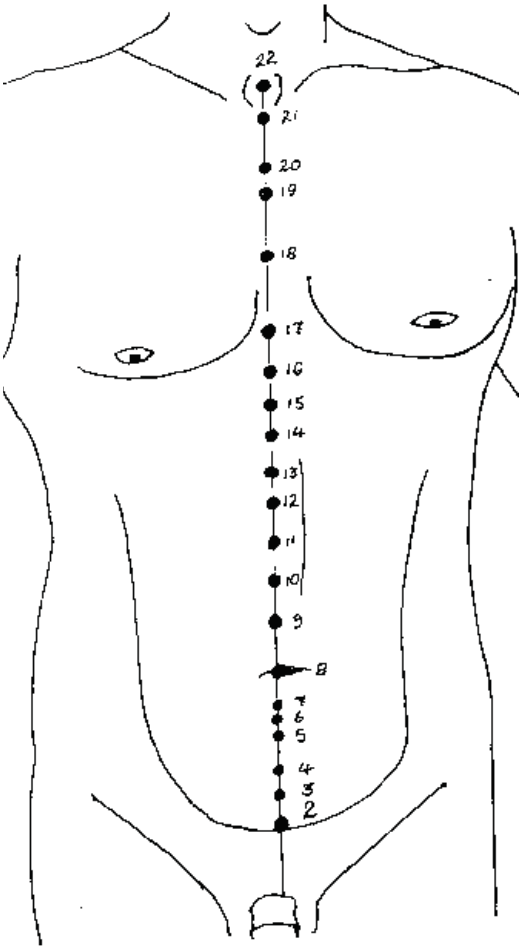
The Conceptor Meridian

CV 1: HUIYIN (Perineum)
In the centre of the perineum. Midway between the anus and the scrotum in men and midway between the anus and commissura labiorum in females. Hui means crossing and Yin here is referring to the genitalia, the Pt is located in the space between the genitalia and the anus.
Death or coma. CV 1 is one of the very dangerous points if you can get at it! It is usually accessed using a toe strike upwards between the anus and scrotum. (The little grizzly bit). If you can also use a taijiquan typical kick using the side of the foot on the big toe side (the edge) you can access CV 1, Chang Mai, and GV 1, a combination that you will have to be very serious about using! This is a point that is used in T.C.M. for drowning as it

is the general ›luo‹ point of all eight extra meridians. It will supply ›jing Qi‹ to the body in the same way that a heavy strike to KD 1 will in the case of heart stopping where the trauma has been so great that the body has no reserve of Qi left to start the heart. In this case, the kidneys have stored Qi for emergencies which can be accessed either by striking or bleeding KD 1 or by applying pressure or needling 5 fen upwards into CV 1.



CV 2: QUGU (Crooked Bone)
On the mid-line of the abdomen, just above the symphysis pubis. 5 cun below the umbilicus, at the superior aspect of the symphysis pubic.
This strike is just as good as if not better than a strike to the groin. This can cause knock out or even death struck hard enough. The potential dangers of this strike are sterility and cancer of the genital region.



CV 3: ZHONGJI (Middle Summit or Central Pole)
On the anterior mid-line, 4cun below the umbilicus, 1 cun above the upper border of the symphysis pubis. Zhong means centre and Ji here means exactly, the point is exactly at the centre of the body.
This strike is one of the most damaging strikes to the genital area as it will also affect the SP, KD & LIV. Immediately, the recipient will fall down with Qi disruption, blood will probably flow from the penis and he will probably die if medical attention is not sought. Later diseases same as for CV2.

CV 4: GUANYUAN (Hinge at the Source or Gate Origin)
On the midline of the abdomen, 3cun below the umbilicus.
CV 4 is one of the deadly points. It is not actually the ›tantien‹ (dantien) but is situated just under the ›tantien‹. This is an electrical area about 3 inches below the navel where the Qi is said to be stored. The Chong Mai is an extra meridian which mostly travels through kidney points, so it is believed that the tantien is actually the kidneys. This is the area that we try to cultivate during qigong practice. We centre the mind upon the tantien so that the Qi will sink to the tantien. From there it is sent to all parts of the body so that we will have Qi to do work. So, it is true to say that the Qi comes from the tantien down to K1 and then to all parts of the body. So if tantien is damaged then death is not far off. A strike in the correct direction here, quite hard will cause death from Qi stoppage. Struck upwards will cause in the immediate, extreme high blood pressure, fainting and possible death. Struck downwards will cause extreme Qi drainage with knock out. Struck straight in only will cause the Qi to slow up and possible increasing sickness and death.

CV 5: SHIMEN (Stone Door)
On the midline of the abdomen, 2cun below the umbilicus.
CV 5 is regarded as being the dantien (tantien) point. Another name for it is ›Ming Men‹. Well, this point is a doozey! Even acupuncturists will not needle this point if possible. In ancient texts on acupuncture, it is said of this point that it will shorten the patient‹s life or cause sterility in women! So any damage to this point will indeed shorten the recipient‹s life, like dead right then. A trauma to this point will impede the internal communication needed for Qi production including the distribution of ›yuan Qi‹ or ancestral Qi, as well as block the smooth flow of Qi between the 3 major points of CV 3, 4 & 5. CV 5 is the ›mu‹ point for the triple warmer. It will impair a woman‹s reproduction and/or shorten the life expectancy even if damaged lightly. Keep well clear of this part of the lower abdomen in training as even a light strike here could damage Qi production and eventually shorten one‹s life.

CV 6: QIHAI (Sea of QI)
On the mid-line of the abdomen, 1.5cun below the umbilicus or half way between CV 7 and CV 5.
Again, this is a very dangerous point. You could strike CV 5 and CV 6 together for a devastating result. It is said in ancient dim-mak texts that there is no return from this double strike! When struck, the whole Qi circulation will be upset or stopped resulting in either instant or delayed death! when a severe strike has occurred to this point, it takes around 3 days for the Qi to slow down and stop flowing. Or if very hard, instant death.

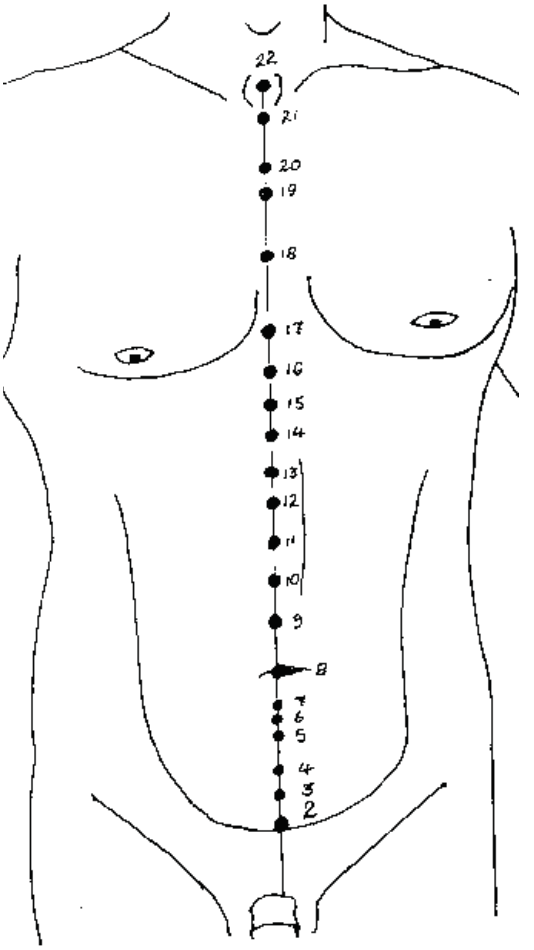
Even in lighter strikes, the kidney function will be impaired for life causing the quality of life to be diminished.

CV 7: YINJIAO (Yin's Junction)
On the mid-line of the abdomen, 1cun below the umbilicus.
This point is also dangerous, but not as dangerous as the last two. It is getting a little higher up and although it is not greatly protected, it relatively so to CV 5 & 6. A strike here, should you not also get CV 5 & 6 with the same strike, will cause knock out, hard enough and it could cause death from kidney failure.

CV 8: QIZHONG (Middle of Navel)
In the middle of the umbilicus.
The navel is not well protected. Although it is higher up on the stomach than the previous CV points, there is a direct link to the internal through this point. All around CV 8 is well protected by muscle, but right in the middle is not. So it is easy to inflict damage at this point. A strike here causes spleen damage as well as physical stomach damage. It will cause much yang Qi to spread out all over the torso and up into the head causing knock out or death with a hard strike. This is also a very dangerous point. Acupuncturists are warned not to needle this point, only to use moxa on it to warm the yang Qi of the body, and even then the moxa is burnt over salt or ginger.

CV 9: SHUIFEN (Division Of Water)
On the mid-line of the abdomen, 1 cun above the umbilicus.
Removes power by attacking the lungs, spleen and kidneys. There is not much physical damage here, it is all electrical as this point is fairly well protected. The use of ›iron shirt‹ training will also enhance the protection. Iron Shirt qigong is a type of protective qigong that builds up a sort of ›barrel‹ of grizzle around the abdomen. There are many different types of iron shirt, however, there is only one that really works to protect the abdomen. And that is that which comes from the internal martial arts. There are many instructors out there teaching the internal martial arts, but most teach ›hard style‹ iron shirt. Some have even been known to give people hernia from this extremely hard practice. So be careful when seeking out an iron shirt teacher. Look to see if that teacher is teaching soft style qigong, with not heavy breathing or tensing of anus muscles or stomach muscles or clenching of fists etc. If you see him going red in the face, then walk out! Iron shirt training is also only ever learnt from doing actual training. Ie., having someone strike you and learning not to greatly tense the muscles. This will help in the building up of the ›barrel‹.

CV 10: XIAWAN (Lower Cavity)
On the midline of the abdomen, 2 cun above the umbilicus.
This point along with CV 12 and 13 when struck will damage the production of Qi, slow it down and eventually stop it flowing causing death. So, although death is not necessarily immediate, it will slowly come after a bout of ill health which slowly gets worse.



CV 11: JIANLI (Establish Measure)

On the midline of the abdomen, 3cun above the umbilicus.
This point in particular is well protected. Striking here, catching the opponent unawares however, will cause great internal damage with Qi drainage causing a knock out.

CV 12: ZHONGWAN (Middle Cavity)
On the mid-line of the abdomen, 4 cun above the umbilicus. Zhong means middle and Wan means Stomach the PT is in the middle of the Stomach. See the damage for CV 10. Plus, this point will cause vomiting and even diarrhoea. It has so many connections that any strike here is dangerous. It is the ›Mu‹ point of the stomach, a special meeting point of the ›Fu‹, (hollow or yang organs) and the meeting point of middle and triple heater. A strike here will cause disharmony in the yin and yang or ›earth‹ and causes disharmony with its relationship to metal. It will cause emotional problems resulting in physical defects such as obesity. So a strike to this point, although causing immediate damage, will also cause latent damage.

CV 13: SHANGWAN (Upper Cavity)
On the mid-line of the abdomen, 5cun above the umbilicus
See CV 10 and 12. Plus, this strike will also affect the heart and lungs, draining Qi causing great weakness.

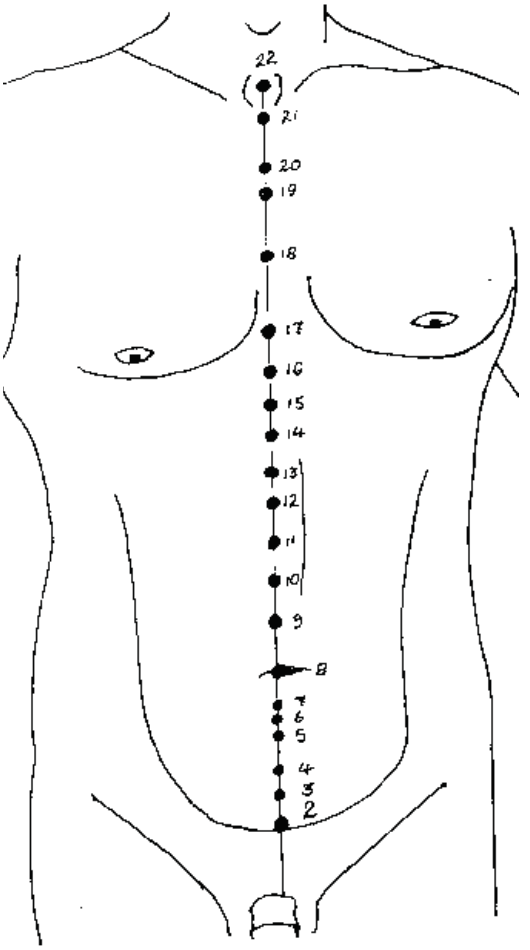
CV 14: JUQUE (Great Palace or Shrine)
On the mid-line of the abdomen, 6 cun above the umbilicus or 1 cun below the xiphoid process of the sternum.
This is one of the most dangerous points. People have been known to die when struck for instance with a cricket ball (or a baseball) right on the point at twelve noon. This point stops the heart as it is the ›heart mu point‹. A strike here can also cause mental illness and disharmony between the shen and the mind. A person receiving a strike here can actually die from a coughing/vomiting attack!

CV 15: JIUWEI (Wild Pigeon's Tail)
0.5 cun below the xiphoid process of the sternum or 7 cun above the umbilicus. Locate the PT in supine position with the arms uplifted.
This point is also a heart stopper, but not as dangerous as CV 14. It will also cause mental illness and also a peculiar side effect of itching skin which cannot be cured using normal western medicine.

CV 16: ZHONGTING (Middle Hall or Courtyard)

On the middle of the sternum, level with the 5th intercostal space or 1.6 cun below CV 17.
This point will also do great damage as it is between the xiphoid process and the sternum. Physical damage is incurred as well as internal damage. Vomiting will occur as well as coughing attacks. It will cause knock out and it is a point that is not that well protected. A very hard strike here will cause death.

CV 17: SHANZHONG or TANZHONG (Penetrating Odour)
On the mid-line of the sternum, between the nipples, level with the 4th intercostal space. Tan means exposure and Zhong means middle, the Point is located at the exposed middle part of the chest called Tanzhong in ancient times.
CV 17 is another of the very dangerous strikes. In fact he CV meridian for a dim-mak expert is like a child in a sweet factory. This point traditionally drains energy from the ›seat of power‹, or the diaphragm. Striking this point downwards causes knock out in the least and death at the most. A strike here causes the recipient to fall down from lack of power. A warning comes with this point for those who would play around with it. Never use this point on anyone under the age of 25! The sternum cartilage has not yet hardened and can be broken easily in younger people. This point has many properties. It is the ›mu‹ point of the pericardium, hence it will also attack the heart. It is a meeting point of ›shao yin‹, (heart & kidney) a sea of energy point with BL 10 and ST 9, meeting point of upper and three heater. It will also deregulate the flow of Qi throughout the system. It will also totally destroy the relationship and balance between ›water and fire‹ within the system.



CV 18: YUTANG (Jade Court)
On the mid-line of the sternum, level with the 3rd intercostal space, 1.6 cun above CV 17.
This point is very well protected and is a point that I would not use in a tight situation. However, it will do damage struck hard enough. Coughing fits will be produced with this strike. Local pain and Qi drainage is also apparent. It must be struck with a smaller weapon to do any Qi damage.

CV 19: Chest ZIGONG (Purple Palace)

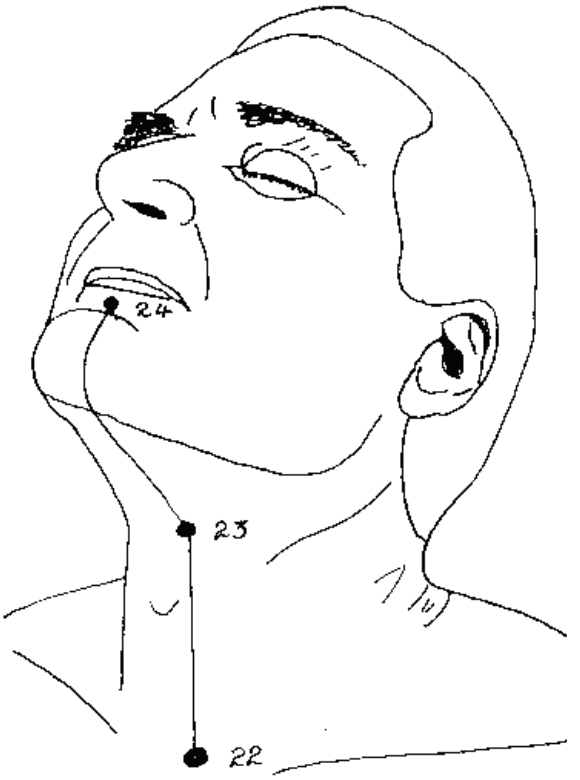
On the mid-line of the sternum, level with the 2nd intercostal space, 1.6 cun above CV 18.
This point produces much the same as CV 18 only more local pain is felt with more Qi drainage. It can be used in situations where the attacker has to be controlled, as in the case of a door attendant or bouncer. A quick shot using a one knuckle punch (I only hit him in the chest officer!) and he will be putty in your hands, coughing a spluttering. Then use TH 17 one finger in the point while the other hand controls the head for extra pressure, and take him out, no worries.

CV 20: HUAGAI (Lustrous Cover)
On the mid-line of the sternum, at the level of the 1st intercostal space or 1 cun below CV 21.
which is much more dangerous.
Damage is the same as for CV 19.

CV 21: XUANJI (North Star)
On the mid-line of the sternum, midway between CV 22 and CV 20, or midway between the articulations of the left and right rib with the sternum.
Xuan here means rotation and ji here means axis, this is the name given to the 2nd and 3rd stars of the big dipper, opposite the Zigong star. This Pt is above ZIGONG PT so is called XUANJI.
Use CV 22, it is much more appropriate. Local pain and Qi drainage when CV 21 is struck. Not a point I would bother with as CV 22 is just above it.

CV 22: TIANTU (Heaven's Prominence)
In the depression 0.5cun above the suprasternal notch, between the left and right sternocleidomastoid muscles. In it's deep position in the sternohyoid and sternothyroid muscles.
This is one of the most deadly points in the body. It will cause immediate suffocation and brain death. Only an experienced acupuncturist is advised to needle this point using a special method of tilting the head back. This is a window of the sky point. This point at the least will cause emotional trauma such as fear or grief. This strike will also affect he lungs greatly causing coughing and gasping for air in the least and death in the most. This is one of the points that I teach how to strike in women-s self defence classes and those workshops for law enforcement officers where only a short time is allocated (as usual) to their learning self defence.

CV 23: LIANQUAN (Modesty's Spring or Screen Spring)
Above the Adam=s apple, in the depression at the upper border of the hyoid bone. In the depression between the pharyngeal prominence and the lower margin of the hyoid bone.
This is a concentration point of ›shao yin=. (Heart/Kidney). Although because of this location, you would not really worry about electrical damage as the physical damage to this area will cause death through suffocation anyway. It is possible to build up a whole heap of grizzle in this area by performing the old wrestler=s bridge often. This is what tricksters do who perform the old chopstick in the neck trick. The chopstick is forced straight in where the heavy concentration of grizzle is. However, we strike in an upward manner thus getting past the grizzle and into the trachea.

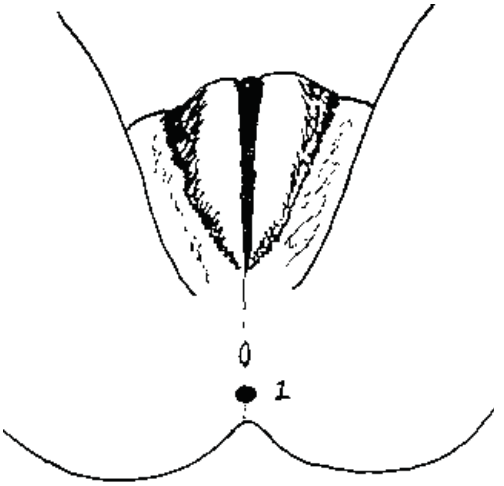


CV 24: CHENGJIANG (Contains Fluids or Receives Fluids)

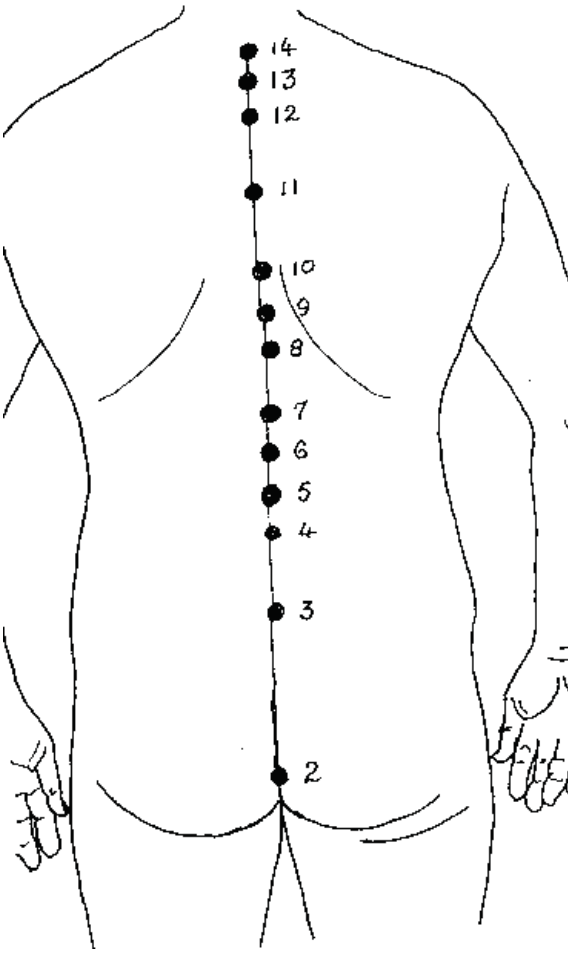
In the depression in the centre of the mentolabial groove, this is the depression below the middle of the lower lip between the orbicularis oris and mentalis muscle muscles.
Strike from the recipient=s left to his right using either the tips of the fingers of the one knuckle punch. This will cause extreme nausea vomiting and can even cause a knock out. The recipient=s right to his left will also cause extreme nausea and vomiting with great pain down the left side of the abdomen, this can be so great that he will buckle up in pain. When struck straight in will knock his teeth out!.
It can be seen that this meridian is the most dangerous. Most people know that the centre line points are dangerous, but few know why. In practice, stay away from these points, pull your punches short of the points, as even mild pressure to some of the more sensitive points will cause damage, and long term effects.

The Governing Vessel

GV 1: CHANGQIANG (Long Strength)
Midway between the tip of the coccyx and the anus. Chang means long and Qiang means strong, the spinal column is long and strong and the Point is located at the lower end of the spinal column below the tail bone.
When struck straight up in to the point. It can cause unconsciousness, and mental disorders and also physical disorders to the anus. It is a ›luo (connecting point) for the eight extra meridians so Qi damage here is great. It is the ›sea of yang= point while the CV1 is called the ›sea of yin=, so a strike here will also unbalance the whole energy system of the body. Not easy to get to though. I would consider other points before this one in a self defence situation. Not good sticking your toe up into his anus if you should miss!


0
1

GV 2: YAOSHU (Lower Back's Hollow)
In the hiatus of the sacrum.
This point does mainly physical damage to the lower backbone, mainly the sacrum, it has to be struck quite hard to cause both physical damage and Qi damage. So this is a point that I would not consider in a dire situation unless the attacker were standing still with his back to me. This point can do mental damage as well as damage to the kidneys.



GV 3: YAOYANGGUAN (Lumbar Yang's Hinge)
Below the spinous process of the 4th lumbar vertebra, in the lumbodorsal fascia and the supraspinal and interspinal ligaments.
When a person has weak kidneys, you will notice that their legs are not too strong. And when and if you begin to have kidney problems, the first symptom is that your legs will become weaker. In particular your knees will begin to buckle when for instance stepping up higher stairs and you notice that before, you could bound up these stairs, now, you have difficulty. This is because the kidneys control the knees and when the kidneys begin to go so too do the knees. This point controls kidney Qi and when struck, this control goes haywire weakening the knees and also the waist. So this point works really well with a strike to SP 19 which also acts upon the opposite leg (to the strike). A hard strike here of course will also damage the spinal discs in this area so permanent physical damage could result.

GV 4: MINGMEN (Life's Door or Gate of Life)
Below the spinous process of the 2nd lumbar vertebra, in the lumbodorsal fascia and the supraspinal and interspinal ligaments.
This is the ›gate of life‹ point and great damage can be done with a hard strike downwards to this point. The recipient will feel a ›ring‹ of pain going around the waistline and rising upwards into the head as this strike will affect the whole yang energy of the body and also will damage kidney jing thus making for a very sick attacker. Left untreated, this strike could cause a delayed death point strike with the recipient dying up to two weeks later from Qi stagnation and finally stoppage.

GV 5: XUANSHU (Suspended Axis)
Below the spinous process of the 1st lumbar vertebra.
Great physical pain with a spreading sensation around to the front of the body and up into the lungs. This strike causes one to breath out deeply and to buckle up and fall down. It must however be struck right on the point using a smaller weapon such as a one knuckle punch.

GV 6: JIZHONG (Middle of Spine)
JI here means spine and Zhong means middle. The spine has a total of 21 vertebra, this Point is below the spinous process of the 11th vertebra and is therefore in the middle of the spine.
This point will cause much the same damage as for GV 5. The only difference is that because of its location (same for the next two points) there

will be an effect like being struck in the guts, as the lungs will also be affected physically.

GV 7: ZHONGSHU (Middle Axis)
This POINT is below the spinous process of the 10th thoracic vertebra and is like a pivot in the middle of the spine. Zhong means middle and Shu means pivot.
Same as for GV 6 only even more lung damage with coughing and gasping for breath. This strike will also have an effect on the brain with a rush of energy moving upwards to shock the brain and this can cause knock out.

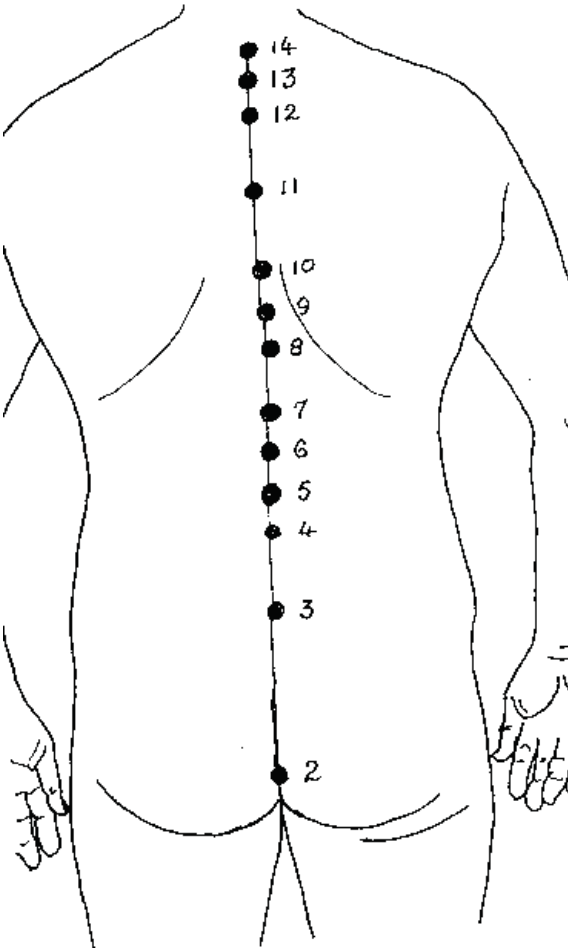
GV 8: JINSUO (Sinew's Shrinking)
Below the spinous process of the 9th thoracic vertebra
Again, this will have much the same effect as for GV 7. Only with more lung damage. The eyes could also lose temporary sight should this strike be very hard. This strike can kill done hard enough using perhaps an elbow strike.

GV 9: ZHIYANG (Reaching Yang)
Below the spinous process of the 7th thoracic vertebra, in the supraspinal and interspinal ligaments.
This point will also affect the lungs causing coughing and Qi drainage. it will also have an affect upon the liver and gall bladder. The Qi flow will be disrupted and physical damage to the spine is also caused. Struck hard enough and the fight is over.

GV 10: LINGTAI (Spirit's Platform)
Below the spinous process of the 6th thoracic vertebra, in the supraspinal and interspinal ligaments.
This point strike will cause a loss of power by attacking the diaphragm. Not as much as a strike to CV 17 though. Obvious physical damage to the spine and central nervous system, and the heart may stop when a hard strike is felt. This point also has a damaging affect upon the communication between ›spirit and mind‹. Thus causing a detached feeling that gets worse if left untreated.

GV 11: SHENDAO (Spirit's Path)
Below the spinous process of the 5th thoracic vertebra.
Obvious physical damage to the spine. This point also causes mental disorders, too much worry and grief, mental depression and loss of memory

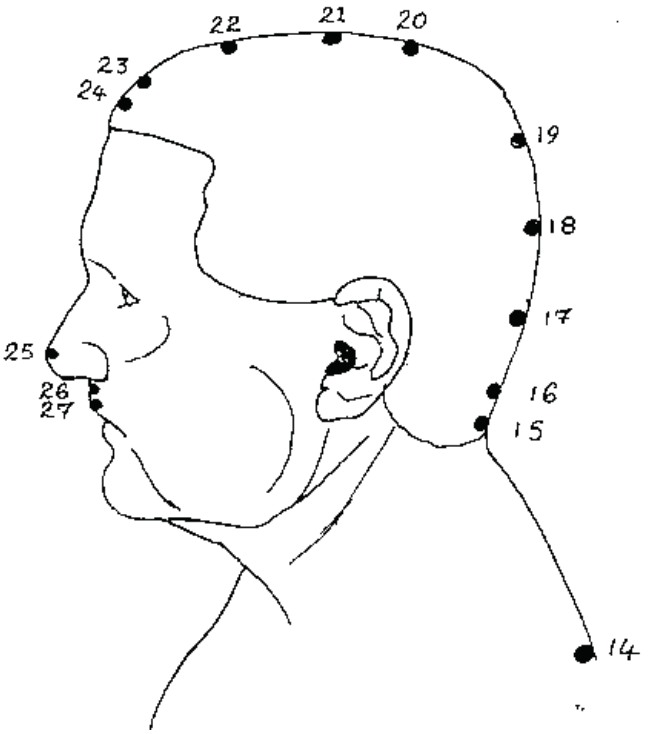
which will get worse as time passes. Palpitation will also be a part of one-s life when this point is struck and not treated.



GV 12: SHENZHU (Body's Pillar)
Below the spinous process of the 3rd thoracic vertebra, in the supraspinal and interspinal ligaments.
This point is a good point to cause lung damage. Coughing fits, and even asthma may be caused with this strike if left untreated. It will also have an effect upon the Qi of the whole body causing Qi imbalance which will lead to severs general illness over a period.

GV 13: TAODAO (Way of Happiness)
Below the spinous process of the 1st thoracic vertebra, in the supraspinal and interspinal ligaments.
This point has the potential to cause the bones of the body to weaken over some time. It will also cause mental disorders and obvious spinal damage.

GV 14: DAZHUI (Big Vertebra)
Between the spinous process of the 7th cervical and the 1st thoracic vertebra, in the supraspinal ligament. Da means large and Zhui means vertebra, this Pt is below the prominence of the 7th cervical vertebra which is the largest of the vertebra.
When a downwards strike is felt, the recipient will feel a great drainage of Qi causing him to want to sleep. A gross lack of energy is apparent and even the raising of an arm is difficult. Obvious spine damage. When struck upwards, this causes a rush of energy to the upper body causing confusion and tearing of muscles when they are used, as in the case where he tries to strike you etc. Profuse sweating is caused by both of these directions and weakness. This point is used when a strike has caused a detachment between heaven and earth, and the patient has a detached feeling, scattered mind etc. This point can be tapped lightly with the fingers to cause someone who is perhaps tired, driving a car and needs to be ›revived‹. Or you can place some ice over the point to cause sleep.



GV 15: YAMEN (Door of Muteness)
At the midpoint of the nape, 0.5cun above the natural hair line in the depression 0.5cun below GV 16.
Now we come to some of the most dangerous point strikes. GV 15 will cause knock out in the very least and death in the most. You cans also strike to other dangerous points such as BL 10 and GB 20 at the same time, but why bother? This point all by itself will cause enough damage to send you to jail for using excessive force! In between knock out and death we have strange things like could cause the recipient to become mute! Extreme dizziness and even deafness and schizophrenia. It would be overkill to use this point.

GV 16: FENGFU (Wind's Dwelling)
Directly below the external occipital protuberance, in the depression between the trapezium muscles of both sides, 1 cun within the natural hairline at the back of the head.

If there is a more dangerous point than GV 15, then this is it. Its location is over important ›life centres‹ of the body such as the respiratory centre located in the rhombic depression of the 4th venticula. Again, knock out in the very least and death in the most. With things like dizziness and mental disorders in between. A long term effect of this strike is that the sensory organs will slowly lose their potency with the sense of smell being the first to go. This point has a direct connection to the "sea of marrow" or the brain, so any strike here is devastating. This strike should not be used in the case where you just wish to control the attacker. It must be a very serious situation to use this point.

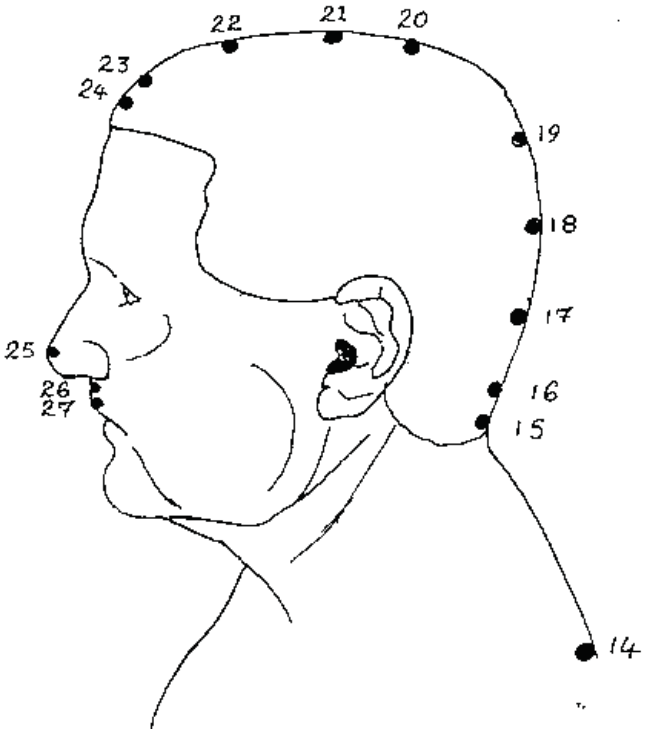
GV 17: NAOHU (Brain's Household)
1.5 cun above GV 16, superior to the margin of the occipital protuberance. This point is an extremely dangerous point. It is situated close to foramen magnum, said to be the ›gate of the brain‹. Knock out in the least and death in the most. Dizziness to the extreme with falling down and aphonia in between the two extremes.

GV 18: QIANGJIAN (Between Strength)
1.5 cun above GV 17, midway between GV 16 and GV 20
A straight in strike will cause a shock wave to go into the brain thus causing knock out. This point is quite a well known knock out point and many have demonstrated its ability to cause knock out with relatively little pressure. Especially used with the set up strike this point causes the recipient to fall down and have a heavy feeling in his head, requiring much work to stand up again.

GV 19: HOUDING (Behind Top)
1.5cun above GV 18, 1.5cun behind GV 20 on the midline.
Even alight blow here right on target will cause shock to the brain as well as great local pain caused by an energy drainage. The pain here is so great that a light to medium blow will cause the recipient to have to sit down. It is fairly well protected at this point, but it is the shock wave that does the damage.

GV 20: BAIHUI (Hundred Meetings)
7 cun above the posterior hairline, at the intersection of the median line at the vertex with a line drawn from the from the angle of the jaw through the

apex of the ear and over to the other ear apex. In the galea aponeurotica,



to the left and right of which are commonly found parietal foramen.

Bahui is one of the points that are used for many healing applications, it is also a knock out point where a medium to hard strike is concerned. The point has to be struck right on using the heel palm or else you should use the whole palm in a slapping type motion to also get the "inner square" group of extra points. (Covered in the chapter on the extra points). It is however hard to get to unless you have the techniques to get at it. Local pain from Qi drainage causing the legs to become weak. Will also cause the attacker to go into shock.

GV 21: QIANDING (Before Top)
1.5cun anterior to GV 20.
Shock to the brain causing knock out. Power leaves the body and then the legs go weak. Can cause brain dysfunction and death using the correct weapon. Nausea.

GV 22.: XINHUI (Fontanel's Meeting)
3 cun anterior to GV 20, 2 cun posterior to the anterior hairline.
Blurred vision or temporary blindness. A shock wave travels down to the front of the chest causing disorientation. Pain will happen a few minutes after the strike.

GV 23: SHANGXING (Upper Star)
1 cun within the anterior hairline, 4 cun anterior to GV 20, on the midline. At the border between the left and right frontalis muscles.
This strike will cause momentary blindness or blurred vision as well as cause nasal problems in the long term. Local pain caused through Qi drainage.

GV 24: SHENTING (Spirit's Hall)
On the midsagittal line of the head, 0.5cun within the anterior hairline.
This point can cause brain damage struck hard enough. Many people actually use head butts with this point, but they are looking for health troubles doing so. Always use the side of your forehead when giving a head butt. It is difficult to get a knock out as there is much protection here. Better to use GB 14 or 15.

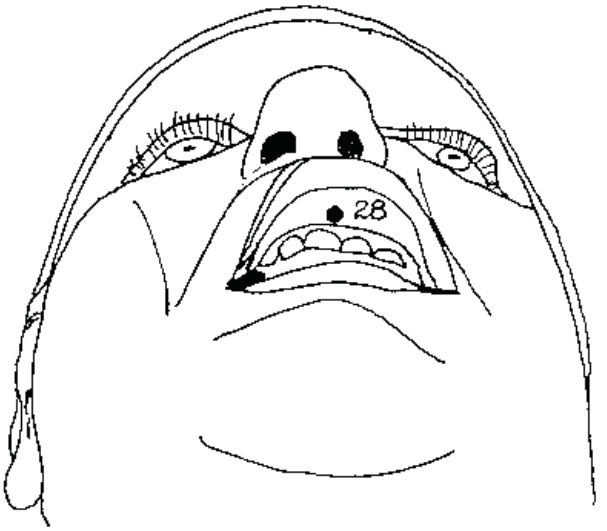
GV 25: SULIAO (Plain Seam)
At the tip of the nose.
A whack on the nose is not nice any time. Causes yang Qi drainage and shock. This is an obvious point to strike causing physical damage as well as great local pain and nose bleeding. In the healing area, this point can be used instead of GB 20 as a shock point and for low blood pressure. It will have an affect upon the lungs as the lungs are expressed in the nose. A whack here obviously causes the senses to be confused and similarly, healing using this point will clear the senses.

GV 26: RENZHONG (Philtrum)
Below the nose, a little above the midpoint of the philtrum (approximately 1 third the distance from the bottom of the nose to the top of the lip). In the orbicularis oris muscle.
This is a classic revival point for shock. However, when struck it gives shock and upsets the Qi balance of the whole body. This area is very sensitive having a whole heap of nerves in this area. A hard strike here will

cause death or knock out at the least with the whole body going into spasm from the nerve strike. You can test this point by having someone stand, bent at the waist. Try and push their waist to upright with them resisting. It is very difficult. Now, place only one finger across the point and press upwards, they will stand up immediately. Only a light tap here is enough to cause shock. It is one of the more dangerous points.

GV 27: DUIDUAN (Exchange Terminus)
On the median tubercle of the upper lip, at the junction of the philtrum and the upper lip.
This is a good dim-mak point as it is easy to get to. It's main feature in dim-mak is that it causes shock to the whole system from the lower lumbar region to the brain causing mental disorders and confusion. The least is that it will knock his teeth out!

GV 28: YINJIAO (Gums Junction)
Between the upper lip and the upper labial gingiva, in the frenulum of the upper lip.
Not a point I would try to strike as it is on the inside of the mouth and other points are more dangerous. This is more of a healing point.
This brings me to the end of the GV meridian. As you can see, the GV meridian like the CV meridian has many very dangerous points. Training in GV and CV strikes will probably be all that you would ever need for self defence in fact you will probably only ever be able to safely say that you would use four or five of these points automatically in a life of death situation.



The Extra & New Points

I will not cover the 6 other ›Extra Meridians‹ (Governor and Conceptor Vessels are also ›extra meridians and make up the ›8 extra meridians‹) as they do not have points of their own but rather link up points on other meridians. So I have already covered all of the locations of points on the extra meridians. There are however, some extra and new points that are of importance to martial artists. These points are on no particular meridian.

The Extra & New Points

There is anywhere between 30 to 1500 extra and new points in the body depending upon which text you read. Many are right over main points while the names of these points differ in many texts. Many of them are so close to main stream points that it is not worth including them with reference to dim-mak. Others are inside the mouth or ear etc. The extra and new points are those that do not seem to lie upon any particular meridian and those that have been discovered in relatively modern times. Perhaps in the future someone will discover that there are other meridians that link all of these meridians. So I will only be including those few extra and new points that I have been taught, and have had experience with, and know to work as written.

I will try and keep these points grouped in their areas of the body as it can become confusing not to. The only way we have to recognise the extra and

new points is by their Chinese name, which in most cases reflects either a physical location or what the point does in the healing area. You will also see that many of these points are struck anyway, when you strike many of the main points, and it is difficult to judge which point is actually doing the damage!

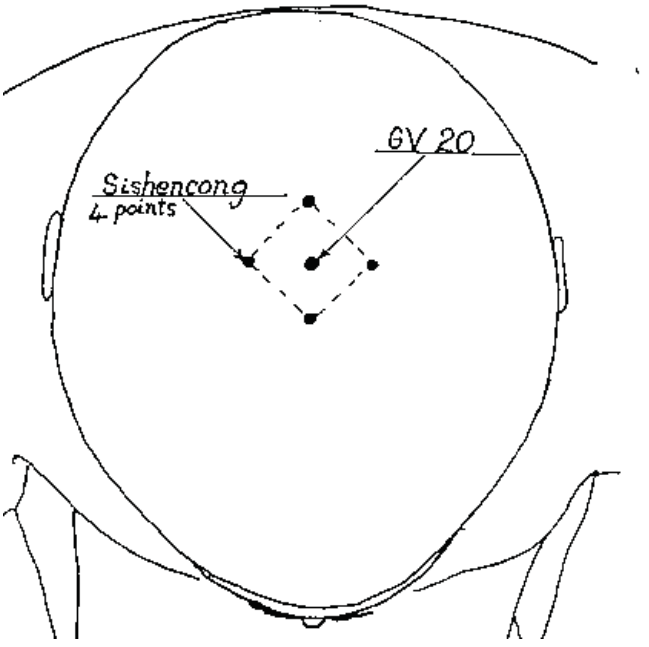
Sishencong:

Located on the top of the head, there are four points that make up this group of points. They are also sometimes called "the inner square" in dim-mak. ›Si‹ meaning a group of four points, front back left and right, ›Shen‹ meaning spirit or mind and cong meaning to cause one to be smart or intelligent. If you find "Bahui" or GV 20, and take points on the four points of the compass 1 cun distance from GV 20 then you have this square of points surrounding Bahui.

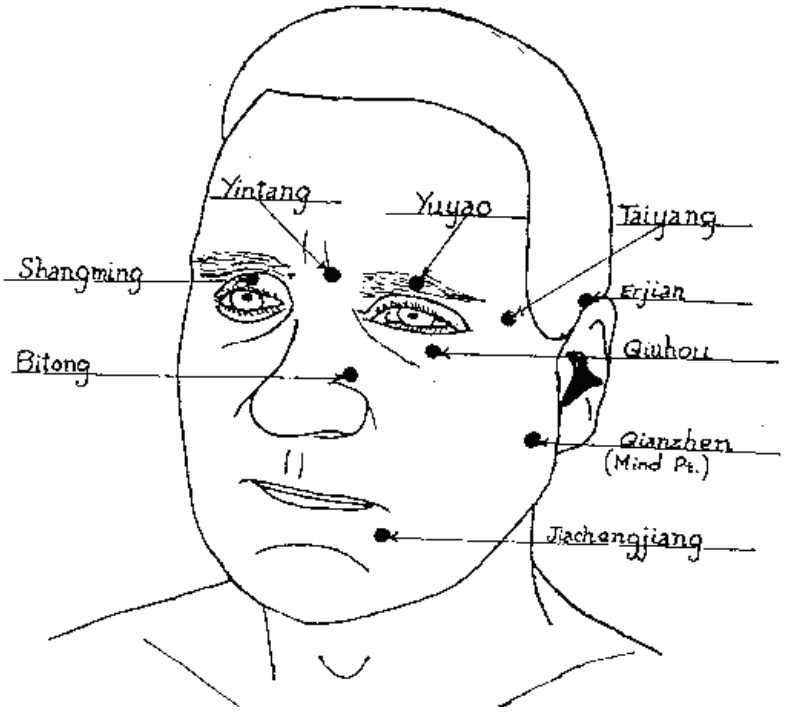
In dim-mak, this strike is done with the whole palm slapping downwards onto the top of the head striking all five (including Bahui) points at the same time.

This strike will cause extreme dizziness with insomnia as a long term effect. It is also indicated to cause mental instability.

In the healing area it is good for mental activity and to sharpen the intelligence.



Yintang:
This point I have already mentioned. Meaning "decorating place", this is the point that people used to decorate for cosmetic reasons. Yin means to stain while tang means an area or place. It is located at the third eye point and in fact **is** the third eye point between the eyebrows on the GV meridian but is not a GV point.
In dim-mak, this point is usually used with a cupped slap to the side of the neck causing knock out and is in fact the old ›evangelist=s knock out=. Those that can knock people out and who are not setting up the whole thing at rallies etc., always place their other hand at the side of the neck first, then push backwards onto yintang! It shocks the brain causing knock out. It is usually struck using the ›mounts= of the fingers which are pushed out (protruded) as the palm makes contact with the point.
In the healing area this point is used for things like; vertigo, pain in the eye, red eyes, nausea, vomiting and acute infantile convulsions. It can be combined with Neigwan for things like sea sickness and nausea and it is often bled.



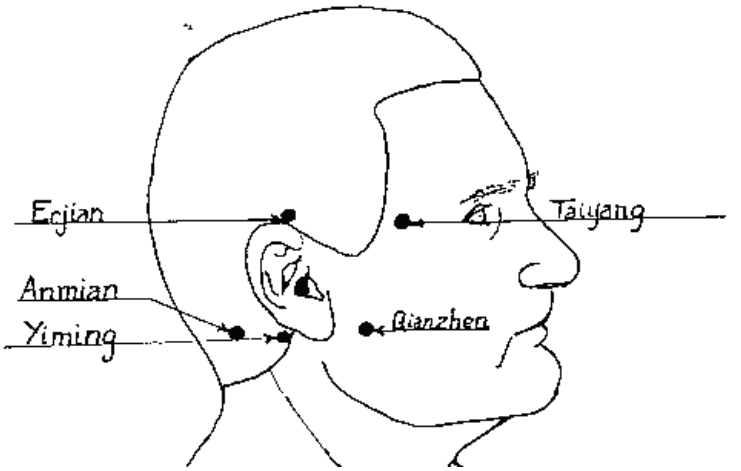
Yuyao
Meaning the ›fish=s belly=, this point is located in the middle of the eyebrow. It is struck straight in with a one knuckle punch causing considerable damage to the Qi system of the body draining Qi. In the healing area it is used for; painful eyes, eyelids that flicker, mouth and eye awry.

Taiyang:
This point is so close to GB 1 at the corner of the eye that it is impossible to miss it when striking to GB 1. It also is struck from rear to front causing knock out and internal yang Qi damage causing weakness. It is struck with the same weapons that GB 1 is struck, like a finger strike moving from rear to front. Meaning ›supreme= (as in ›t=ai= from t=ai chi ch=uan, or supreme ultimate boxing) yang because this is where the yang meridians converge and where the yang Qi is the most abundant. In the healing area is it used for things like; trigeminal neuralgia, eye problems and one sided headache. It can also be used with GB 20 for squinting eyes.

Qianzhen:
Meaning ›to pull normal=, this point is also called the ›mind point= in dim-mak as it causes knock out from blocking the messages from getting from C.N.S. to the brain. Many a boxer has been struck on this point, and even with the gloves, it causes them to fall down. It is located 0.5 cun anterior to the lobulus auriculae, which means just in front of the ear lobe on the back part of the jaw. It is a particularly sore point when pressed back and in towards the back bone. It is usually struck with a one knuckle punch or you can use a heel palm.
In healing, it is used for halitosis, sore rear teeth, mouth and eye awry and mouth ulcer.
Knock out could also be caused by striking this point because the brain stem is kinked when the head moves backwards violently. This kind of knock out is prevalent in the boxing sport when a strike of great power hits the chin area anywhere causing the brain stem to be kinked.

Yiming: (New Point)
Meaning ›eye bright= it=s location is just back from TH 17 1 cun towards the backbone. When TH 17 is struck, it is likely that this point is also struck. However, the direction for Yiming is straight in while TH 17 is from rear to front. It is usually struck with a one knuckle punch and has a devastating effect on the brain causing knock out or even death.

Its healing functions are to do with the eyes, causing them to be brighter, better eyesight, night blindness, early signs of glaucoma, tinnitus, vertigo, hysteria and mania with emotional excitement.

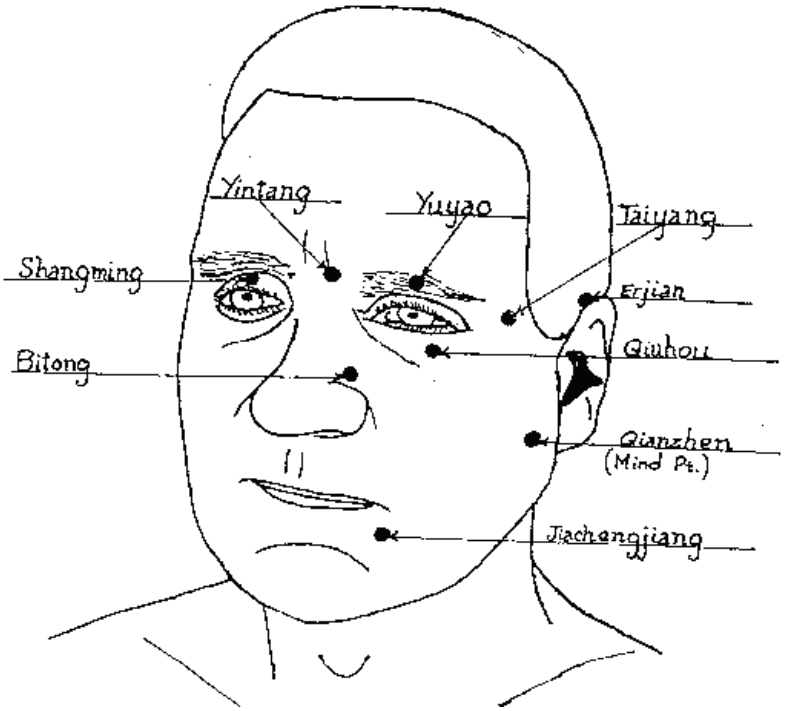


Anmian:
Meaning ›sound sleep‹, this is what this point does healing wise. It is situated midway between TH 17 and GB 20. This is a death point all by itself, but include either GB 20 or TH 17 and it is irrecoverable. The strike is done in towards the base of the brain, hence its danger warning. In the least it will cause extreme dizziness and in the long term acute insomnia. It will cause knock out somewhere in between.
The healing benefits of this point are; insomnia, dream disturbed sleep, headache, vertigo, palpitation, hypertension, deafness and hysteria. Massage towards TH 17 using the thumb.

Erjian:
Meaning ›apex of the ear‹, this point will cause knock out in the least and death in the most. Extreme dizziness and unbalance will occur when this point is struck straight in towards the skull. It is situated directly above the apex of the ear on the side of the skull. Combine this point with any of the gall bladder points around the ear and you indeed have a devastating combination of point strikes.
In the healing area, this point is good for; sore and red eyes, sty, sore throat, corneal opacity. It is used traditionally to brighten the eyes, dispel

pathogenic wind and to stop pain. It can be used with GV 15 for sore throat and aphonia.

Qiuhou:
Meaning, "behind the eyeball", this point is located just under the eye in a line with the outer edge of the pupil. It is used to heal eye diseases. This point is usually struck with a one knuckle punch slightly downwards into the lower eye socket causing obvious damage because of its location to the eye. Even when struck lightly, this point will cause great throbbing pain for days afterwards. This strike will stop any fight when struck correctly.

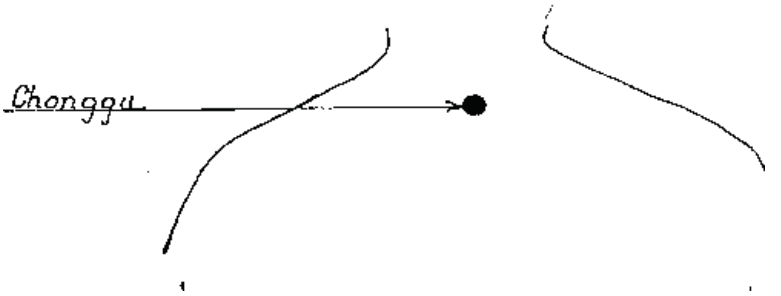


Bitong:
When struck here, the recipient feels great nausea and weakness in the whole body due to this point's action upon the lungs. Great local pain and Qi drainage is felt when struck with a one knuckle punch at an angle of 45 degrees to the side of the nose.

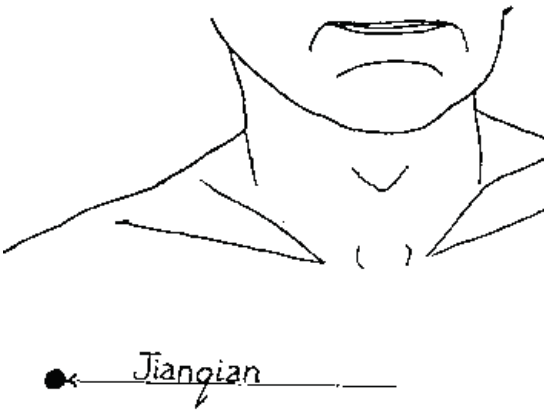
Shangming:
This point is located in the middle of the upper eyelid (if the eyelid is closed) or on the superior aspect of the eyeball if the eyes are open. To strike it is to strike to the eyes with obvious results. No one can carry on when this point has been struck, the pain is just too great and apart from that, he cannot see! Shang meaning ›superior‹ and ›ming‹ meaning brightening. It can improve the eyesight. Other healing applications include; ametropia, optic atrophy and redness in the eye, excessive lacrimation.

Jiachengjiang:
Located 1 cun lateral to CV 24 just back from the tip of the jaw, this point when struck also has obvious damage to the chin causing the mind to black out for a few seconds causing knock out and jaw damage. Jia meaning lateral or beside and Chengjiang meaning CV 24.
It must be struck at a slight angle inwards to the jaw. Some of its healing benefits are; facial paralysis, ulceration of the gum, spasm of the face and trigeminal neuralgia of the 3r^{d} branch.

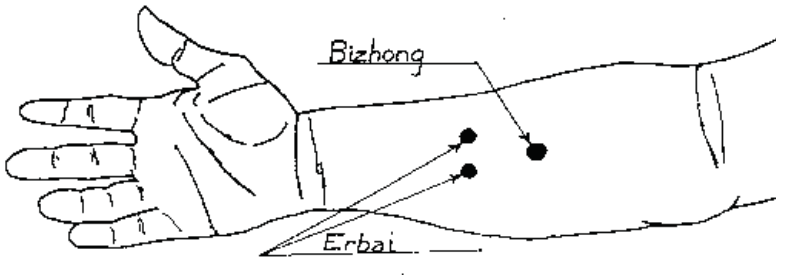
Chonggu:
Meaning ›respected bone‹, this refers to C7 (cervical 7). The point is located just to the side of and between the spinous process of C6 and C7. This is a good point to strike to should the attacker have his back to wards you. It can also be accessed from the front as in the case of grappling with one hand around over the back of the neck. This strike also attacks the ›yang‹ causing extreme drowsiness and or mental instability.
The healing benefits are; common cold, asthma, cough, maniacal behaviour with emotional excitement, insanity and emotional depression, pulmonary tuberculosis, neck rigidity and swollen neck with difficulty swallowing.



Jianqian:
Meaning ›shoulder anterior‹, this point can be used with SP 19 to affect what the opposite leg does. It takes power from that leg as well as great local pain. So a strike here just before an opposite leg attack will cause tat leg to become weak. We can also use this point when we intend striking to points that would cause the attacker to sit back onto the rear leg for instance, which will be weak and not be able to hold his weight after this point strike.
It is located at the midpoint of the line connecting the upper end of the anterior axillary crease and CO 15.
Healing application of this point are; motor impairment, frozen shoulder (can be used with HT 1 for this), paralysis of the upper limbs and pain in the shoulder.
Usually struck straight in.



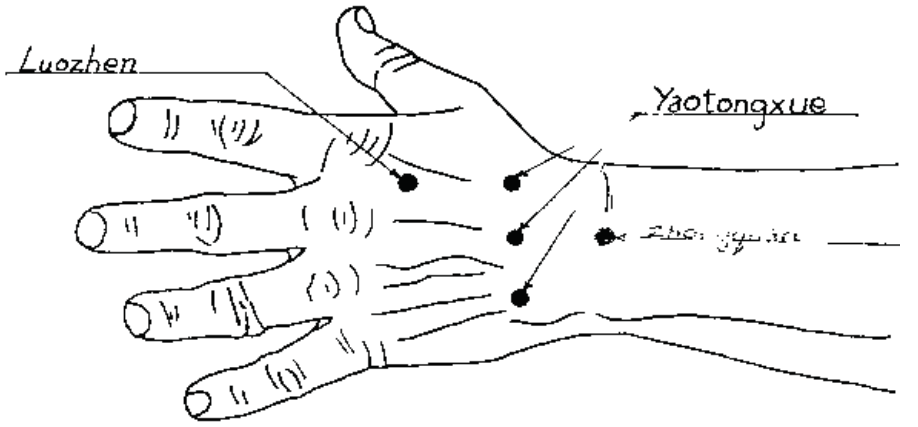
Bizhong:
This point is, I am told, an excellent point to use with LU 5. If LU 5 is struck straight in, then the palm is allowed to slide down the arm (with force) over Bizhong and the next points called "Erbai". I have not had direct experience with these points, however, I am told that they will cause a knock out. My guess is that it is really the strike to the Qi draining LU 5 that does the work.
Meaning ›centre of the forearm‹, this point is located between the transverse crease of the wrist and that of the elbow between the radius and ulna.
Healing indications; pain in the forearm, paralysis of the upper limbs and hysteria, hypochondriac pain.



Erbai:
These two points are located 4 cun above the transverse crease of the wrist on either side of the tendon of the muscle flexor carpi radialis. Both points are at the same level. Meaning ›two‹ (er) and ›white‹ (bai) which means that these points have to be understood to be used. They have special indications and the practitioner must know about these in order to treat using them. These points are used with ›bizhong‹ to cause a knock out also with LU 5. However, they can also be used all by themselves as very potent arm damaging points when struck straight in using a knife edge strike. Great local pain and Qi drainage is indicated.
The healing properties of these points are; for hypochondriac pain, prolapse of the rectum, haemorrhoids and painful forearm.

Yaotongxue: (Lumbago Point) (New Point)
Yaotong means lumbar pain while xue means point. There are three of these points on the back of the hand. About one and a half cun distal to

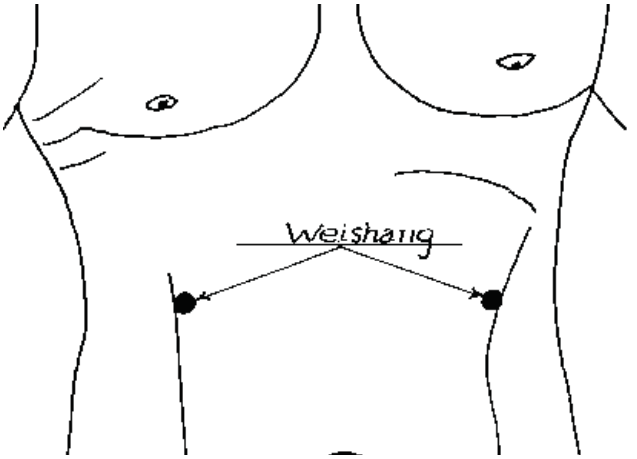
Zhongquan and the same distance between each other. These points also create much pain when struck with a back-fist and local Qi drainage. These are also good set up points.
In healing, these points are punctured 0.8 cun deep towards the centre of the palm. The patient is also advised to do some lumbar rotations while the needles are still in situation.



Zhongquan:
Meaning ›dorsum‹ and ›spring‹ or depression. Hence this point is located right in the middle of the back of the wrist flexure midway along a line drawn between CO 5 and TH 4. When struck straight in with perhaps a back-fist, there is extreme local pain hence Qi drainage. This give plenty of time to execute a more deadly attack. It is a nice set up point strike.
The healing properties of this extra point are; abdominal distension and pain, fullness and distension of the hypochondriac region, cough, asthma, epigastric pain.

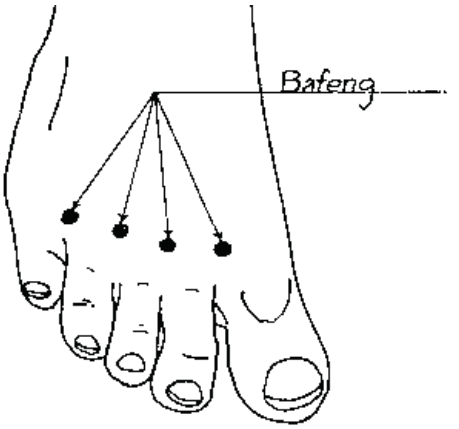
Weishang:
Meaning "stomach lifting", this point is located at either side of the waist where the waist is smallest. It is two cun above the navel and 4 cun lateral on both sides. It is used to lift the stomach In the case of prolapsed stomach. It can also treat "gastroptosis". When struck on either side, this point has be ability to kill sending a shock wave up into the lungs and heart and can rupture the internal organs that lie behind this point. Usually it is struck both at the same time with two palm strikes.

Your opponent is in great danger should you also strike LIV 13 on both sides because it is quite close to this point.

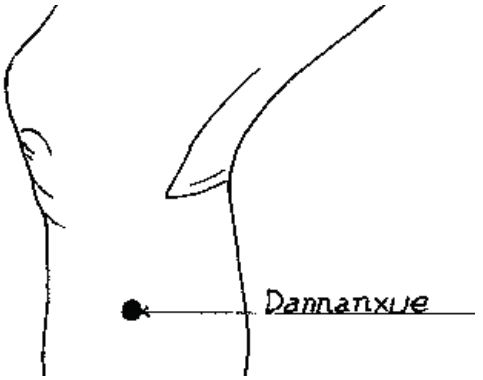


Bafeng:
Ba means "eight" as in Bagwazhang, and in this case refers to the eight spaces between the ten toes, while feng means the pathogenic wind. The eight points are located on the junction of the red & white skin on the webs of the toes.
In healing these points will eliminate pathogenic wind, ease pain, activate blood circulation, and remove obstructions from the meridians.
A peculiar use of this point is in the treatment of snake bite! I don=t think that I would be trusting this method of treatment here in Australia where we have the world=s most deadly snakes, one of which, the Fierce Snake, can kill 250,000 mice with one drop of its poison! This point is also used for toothache, cyanosis and menstrual disorders.
When stomped on, these points cause great local pain and Qi drainage. Drop a hammer on your foot near this area and see how it hurts, you just have to sit down, the pain is so great.
There are many extra points on the hand and fingers but for dim-mak these are not practical. For instance you can exert some considerable pain by pressing onto the ›baxie= points in between the knuckles, but this pain would not suffice to bring anyone to their knees in a realistic situation etc. They work fine in demonstration where someone has given you their hand then you apply pressure to see them flinch, but in a realistic life threatening situation, this would not work. Firstly, you would have to get at his hand and in that time he has knifed you. It=s the same with locks and holds, these

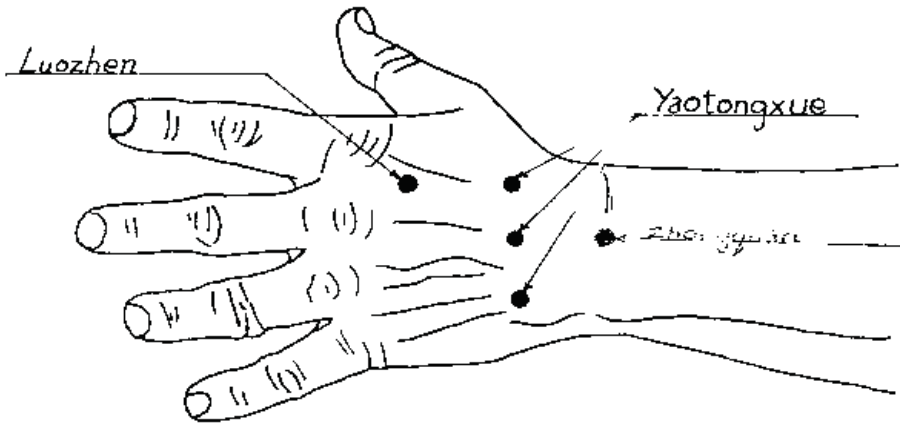
work fine in controlled situations in the class or at a seminar where the participant gives you his hand. But try getting a lock or hold on in a realistic situation and you risk your life! I have always said that if you wish to use locks and holds, hit him first, then get the lock to control him. In my considerable years of training, I have found no-one who was able to get any kind of lock on me when I did not wish them to. And I always tell my own students, that if any one is able to get a lock on you, then go find another teacher as I am not doing my job.



Dannangxue: (New Point)
Called so, because ›dannang‹ means gall bladder and xue means ›point‹. It is situated near GB 34 about 1 to 2 cun below that point on the GB meridian. The point is moveable as so many of the acupuncture points are. So with most of the points we make sure by using a larger weapon such as a palm strike etc. Where I have indicated a smaller weapon, these points do not usually move. A hard strike here will cause Qi drainage and even knock out when struck really hard with perhaps a heel striking straight in. The point is quite sore to the touch.
In healing, this point is used for acute an chronic cholecystitis (inflammation of the gall bladder). It is very useful at the onset of this ailment.



Luozhen:
I mention this point because it is excellent in healing neck sprain, something that martial artists get often while training incorrectly! This point when struck sends like an electric shock up the arm and down the hand causing Qi drainage. It is located back from the index finger=s web. Meaning >neck sprain= this point is located about .5 cun back from the metacarpophalangeal joint. It is sometimes called >Wailaogong=.
In addition to neck strain, it also helps with acute gastric pain, painful shoulder and pain in the arm.
The above are the points that I teach and recommend. There are however literally thousands more extra and new points. I would suggest that if you are interested in the extra and new points, go and purchase one of the few good books on the subject. I have indicated only those that I know to have a dim-mak affect. There are others that also have a dim-mak affect but which are for instance located between the toes!


Luozhen
Yaotongxue